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More B.C. drivers high than drunk

JEFF HODSON
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B.C. drivers are more likely to be under the influence of drugs than of alcohol, a new survey suggested yesterday.

Preliminary findings from the 2008 British Columbia Roadside Survey found that 10.4 per cent of people driving at night showed evidence of drug use. By comparison, 8.1 per cent of drivers had consumed alcohol.

"We've spent the past 25 to 30 years dealing almost exclusively with alcohol and driving," said Doug Beirness, senior research and policy analyst at The Canadian Centre on Substance Abuse (CCSA).

"We've had some pretty good success with that regard. We haven't solved the problem, but we made gains. Now we're finding that there is this other problem, lurking behind the alcohol problem that has to do with drug use. That's disturbing."

The data, released yesterday by the CCSA, is part of a larger report that will be released in 2009. The survey interviewed 1,533 drivers in June in Vancouver, Abbotsford and Saanich.

Not just weekends

- The survey found that while alcohol-impaired driving was stronger on weekend nights, drug use was constant throughout the week.

In all, it found that 16.9 per cent of people on the road had consumed drugs, alcohol or both prior to driving. The most common drugs used were marijuana and cocaine.

"Some people think that smoking a joint doesn't impair you, but it does," said Const. Dave Babineau, a spokesman for RCMP traffic services in B.C.

"It changes your judgment. It changes your perception. It changes your reaction time. All of those things are very critical when you are driving a motor vehicle."

VANCOUVER 2010 **Games**

Be insured prior to renting: IBC

COVERAGE Homeowners looking to make some extra cash by renting their places out during the 2010 Games should make sure they're properly covered, the Insurance Bureau of Canada (IBC) said yesterday.

"Renting out your home to visitors could affect your insurance coverage," said Lindsay Olson, IBC vice-president, British Columbia, Saskatchewan Manitoba.

"Consumers shouldn't assume they are covered for damage done by occupants simply because they have home insurance."

Olson said it's best to contact an insurance professional and ask lots of questions.

"It's better to be safe than sorry," she said.

Olson suggested taking a complete inventory of your belongings before letting renters in.

For more information, visit ibc.ca. METRO VANCOUVER

Parked bus takes a roll into Sally Ann thrift store

RYAN STELTING/FOR METRO VANCOUVER

A driverless Coast Mountain bus that rolled from its parking spot near the New Westminster SkyTrain station is seen after it crashed through the front window of the nearby Salvation Army Thrift Store early yesterday.

ETHAN ROTBERG
for Metro Vancouver

OPEN FOR BUSINESS One week after thieves broke into an east Vancouver Salvation Army warehouse, the charitable organization received another blow when a bus slammed into its New Westminster thrift store just before 1 a.m. yesterday.

According to police, the driver had parked the bus and set the necessary brakes but it began to roll, hitting signs and electrical poles before smashing three quarters of the way into the building on Columbia Street.

Nobody was on the bus at the time and there were injuries in the accident, but damage to the building is estimated at $100,000.

A spokesperson for the Salvation Army said that nothing was stolen and they were able to open this morning "just like any other day."

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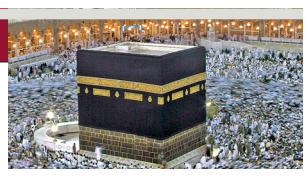
Iggy will be patient leader

Celebrity Buzz pg 34
Williams did 'stupid, crazy things'

Food pg 14
Celebrating Eid al-Adha



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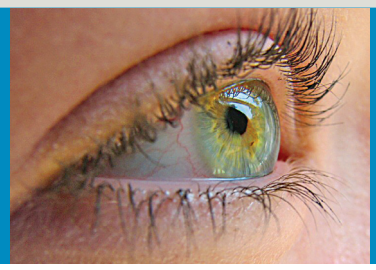
Sushi restaurant employees charged on 25 counts of tax evasion
Five people from four Vancouver-area sushi restaurants are facing 25 tax-evasion charges. The RCMP say the restaurants used software developed by a Richmond company to erase $3.8 million in sales. **CBC NEWS ONLINE**

Local



Eye cancer gene found

A geneticist from the University of British Columbia has discovered a gene mutation that causes eye cancer, leading them closer to a cure. Researchers believe that the gene mutation could be responsible for 45 per cent of the cases of uveal melanoma, a common form of eye cancer that is currently without any effective treatment. **METRO VANCOUVER**

News in brief

MISSING Two coast guard vessels, rescue aircraft and about 20 private boats continued their search yesterday for a man missing after his boat sank in the Strait of Georgia northwest of Vancouver two days ago, CBC News Online reports. The boat's other occupant was found on a small island nearby on Tuesday, suffering from mild hypothermia.
METRO NEWS SERVICES

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What's online today.

Read CBS chief challenges Jay Leno to a duel at **metronews.ca/entertainment.**

Read Barack Obama plans to deliver a speech in a Muslim capital at **metronews.ca/world.**

Lotteries

Lotto 6/49	6, 12, 18, 27, 42 & 43 Bonus 7
BC 49	5, 14, 26, 27, 36 & 46 Bonus 7
Extra	17, 57, 71, 72

These results are not official.

Put out cigarillos, Dix says

JEFF HODSON
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A Vancouver MLA wants to butt out the sale of individual candy-flavoured cigarillos because they are smoked disproportionately by youth and have less health regulations than cigarettes.

Vancouver-Kingsway MLA Adrian Dix said 25 per cent of students between grades 5 to 12 have tried smoking cigarillos — a tiny cigar with flavours like strawberry or chocolate. Only three per cent of people 25 years and older had tried them.

"The rate of smoking, depending on what survey you use, is four to five times greater under 19 than it is over 25 for this product," Dix said from Victoria yesterday. "Regardless what you think of the motives of the industry, the practical reality is that young people are the ones smoking these things."

Cigarillos, which can only be sold legally to people 19 and older, come in a wide variety of fruit and candy flavours and are sold as singles or in small packages. Singles cost less than $2. Dix said he wants to make cigarillos less attractive to young people.

Specifically, he wants the little cigars sold in packages of 20 or more, making them more cost prohibitive. He also wants flavouring banned and said the packages should contain the same health information and warnings found on cigarettes.

Dix plans to introduce a private member's bill in the spring. A similar bill passed earlier this month in Ontario.

JEFF HODSON / METRO VANCOUVER

Vancouver-Kingsway MLA Adrian Dix wants tougher rules on the sale of cigarillos, such as these, on sale yesterday at the Ash Market on Nelson Street in Vancouver.

Sales skyrocketed

- The sale of cigarillos jumped from about 50,000 in 2001 to approximately 80 million in 2006, according to Health Canada.

Man in hospital after being shot inside car

KRISTEN THOMPSON
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One man is in hospital in Surrey and another person is in custody after a shooting in a moving vehicle that ended with a car crash.

RCMP Sgt. Roger Morrow said the two people in the car were arguing before the crash, which happened Tuesday night, and at some point one of the occupants shot the other.

"It is unclear whether the weapon was produced and fired prior to, or after the collision," said Morrow. "Police are also trying to determine whether the driver or the passenger was shot."

The gunshot victim was taken to hospital with non-life-threatening injuries and the second occupant was taken into custody. Investigators are trying to determine what the argument was about.

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Resorts say they need more snow to open runs

North Shore resorts say they still need more snow before opening up for the ski and snowboard season. Grouse, Cypress and Seymour have all had fresh snow in the last few days, but still need another 20 to 30 centimetres to open. **NEWS1130.COM**

Van plows into carport of house, four taken to hospital

CRASH Four people were taken to hospital after a van carrying nine people hit an Abbotsford house.

The van drove off a road Tuesday and went through the carport of a house.

Three people in the van and one person inside the house were taken to hospital with non-life-threatening injuries.

Police said it appears the driver was in medical distress before the crash.

METRO VANCOUVER

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JEFF HODSON/METRO VANCOUVER

David Emerson, right, and Premier Gordon Campbell at the premier's office in Vancouver yesterday.

Emerson tabbed to head council

Former Liberal-turned-Tory MP David Emerson will head a nine-person council to advise the provincial government on economic issues in the wake of a worldwide economic downturn, B.C. Premier Gordon Campbell announced yesterday.

The Economic Advisory Council, the creation of which was announced Oct. 22 on the same day as Campbell's televised economic address, will make recommendations to cabinet in eight broad areas, including energy, the environment and Asia Pacific.

"It's a challenging time," Emerson said.

"We have to keep our eye on the horizon and make sure we have our long-term strategic priorities identified."

"It's a challenging time." David Emerson, MP

In the short-term, he added, the council will look at ways to mitigate the impact of the world economic turmoil.

The council will make its first recommendations in January or early February.

JEFF HODSON/ METRO VANCOUVER

MLS expansion hopes for Vancouver

FOOTBALL The president and commissioner of Major League Soccer (MLS) visited B.C. Place Stadium to assess the Vancouver Whitecaps' potential as an MLS expansion team.

MLS representatives are visiting six potential markets before deciding in the next few months on the League's next two expansion teams.

"We were impressed with B.C. Place Stadium … and believe that the downtown location in the heart of Vancouver's sports and entertainment district could provide a world-class environment for an MLS expansion team," said MLS commissioner Don Garber.

Last month, B.C. Pavilion Corp. and the Whitecaps unveiled a rendition of how the stadium's proposed new retractable roof might be configured to best accommodate soccer events at the refurbished stadium.

The 14-team MLS is set to add Seattle in 2009 and Philadelphia in 2010.

METRO VANCOUVER

Man walks away from train-car collision

CRASH A Coquitlam man is lucky to have escaped unharmed after his truck was hit by a train in North Vancouver, police said yesterday.

The accident happened Monday night when a CN train hit the truck as it was crossing the tracks, pushing it 32 metres down the rails before coming to a full stop.

The truck's driver told police he thought he'd cleared the crossing and hadn't seen the train because of low lighting and heavy rain.

He was given a ticket for disobeying road signs.

METRO VANCOUVER

News in brief

ALCOHOL The owner of an illegal bar known as the Booze Can pleaded guilty, the RCMP announced yesterday. The bar, which was serving alcohol to minors, was raided June 4.

CONTEST The province is sponsoring a design competition for architecture students at UBC with the hopes of enhancing new housing concepts.

METRO NEWS SERVICES

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Auto plans must go public: McGuinty

Canada's struggling automakers must come clean on plans to cut jobs if they hope to win support for the $6 billion in aid they're seeking, says Ontario Premier Dalton McGuinty. General Motors, Ford and Chrysler submitted plans last Friday, but have yet to publicly reveal plans for their Ontario factories. **TORSTAR NEWS SERVICE**

Canada

TSB urges balloon regulations

The Transportation Safety Board released its final report yesterday into a hot-air balloon crash near Winnipeg in 2007. The TSB noted that regulations of hot-air balloons fall far short of those for other commercial aircraft and urged safety regulations for the ballooning industry, including the requirement of a simple fuel shut-off system that could be quickly used during emergencies. **CBC NEWS ONLINE**

News in brief

DONATIONS The Salvation Army, hoping to boost donations, is offering a modern alternative to stuffing crumpled bills in a kettle — donating on the street with one swipe of a debit or credit card. The two wireless debit machines are being rotated through downtown Toronto as a test this year. The organization said if the test proves to be successful, the program will be expanded in the future.

ONTARIO After years of horror stories concerning unregulated cosmetic-surgery clinics, new inspection powers will be given to the provincial medical watchdog and other regulated health colleges. Health Minister David Caplan proposed legislation yesterday empowering regulatory bodies like the College of Physicians and Surgeons to inspect clinics where high-risk procedures are performed. **METRO NEWS SERVICES**

Iggy takes the reins

The Hallmark moment in the Liberal caucus came when Michael Ignatieff and Bob Rae embraced.

It was a deliberate signal from the Toronto MPs that their political rivalry — alive and well just days ago — had been set aside as caucus crowned Ignatieff the interim, and almost certainly permanent, leader.

"It was really tough to keep a dry eye. It was a moment," said Liberal MP Martha Hall Findlay.

Rae and New Brunswick MP Dominic LeBlanc, a leadership contender who dropped out of the race Monday and threw his support to Ignatieff, made the formal recommendation in caucus to have him become the leader.

CHRIS WATTIE/REUTERS

Interim Liberal Leader Michael Ignatieff speaks during a news conference in Ottawa yesterday. The Liberals named Ignatieff, a formidable campaigner they hope will reverse the once-mighty party's decline, as their new leader in a caucus meeting yesterday.

Liberal Party of Canada president Doug Ferguson said there was a sense of relief in the room as the leadership race came to a quick and quiet end.

For Liberal MPs, settling the leadership question meant "unity (and) the ability to focus on the two things that are important right now — the economic crisis and a prime minister who has lost of the confidence of the House of Commons," Hall Findlay said.

That was the message from many MPs yesterday as they emerged from a morning caucus meeting with a new leader at the helm. **TORSTAR NEWS SERVICE**

Dion's debt

- Party officials said it's likely there will be a movement to help former Liberal leader Stéphane Dion retire his outstanding debts.

Tories launch swift attacks on Ignatieff

POLITICS The Tories immediately set their sights on Michael Ignatieff, pegging him as an unelected leader with no mandate to head a coalition government.

Prime Minister Stephen Harper has stated he is "willing" to co-operate with the new Liberal leader, but Tories emerging from a caucus meeting yesterday drove home the message that the selection of Ignatieff was undemocratic and said the Tories would not down their partisan tools while there is the threat of a coalition.

"The debate doesn't change." James Moore

"The basic substance of the debate doesn't change," said Tory MP James Moore. **TORSTAR NEWS SERVICE**

Earth Hour organizers hope to inspire Tories
Earth Hour 2009 was launched this week at the United Nations climate-change negotiations in Poland. Local organizers said they hope next year's lights-out event on March 28 will motivate the Canadian government to cut back on greenhouse emissions by signing on to the next climate-change accord. **TORSTAR NEWS SERVICE**

ANDREW WALLACE/TORSTAR NEWS SERVICE
Trung Le, right, with his fem-bot named Aiko at his Brampton, Ont., home. Aiko is a voice-recognition robot with very little motion.

'She's not really my girlfriend'

A Brampton, Ont., man who found himself an instant Internet celebrity yesterday after his "robot girlfriend" was featured on websites of two British tabloids, is both happy and embarrassed by the attention.

"She's not really my girlfriend," said Trung Le at his parents' home last night. "Aiko's a robot who can do a lot of things, and hopefully more soon."

Stories in The Daily Mail and The Sun called Aiko, the five-foot tall robot with an hourglass figure, shiny hair and delicate Asian features, Trung's girlfriend.

"I have friends — I don't need to create friends," said Trung sheepishly. The stories suggested he may have made Aiko because he was too busy to make friends or have a girlfriend.

Trung has taken her out to a north Brampton park three times.

"Most people have been very curious about her," he said.

But one elderly woman yelled at her and threw rocks. She told Trung that he was "trying to be God and it wasn't right."

TORSTAR NEWS SERVICE

Canada last in child care, UNICEF says

REPORT Canada ranks last in the first comparison of child-care services in 25 developed countries, according to the United Nations Children's Fund.

The report card, to be released today, shows Canada failed on nine of 10 measures aimed at ensuring kids get the best start in life, including providing subsidized child care for 25 per cent of kids under age three and spending one per cent of GDP on early childhood services.

Report

- The report, entitled The Child Care Transition, was sparked by new scientific understanding about the importance of early childhood at a time when an increasing majority of children in the world's richest countries are spending a large part of their day in child care, UNICEF says.

Canada's poor showing represents a lost opportunity for economic growth at a time of economic uncertainty, suggests the report by UNICEF's Innocenti Research Centre in Florence, Italy.

"Investing in early child care and education is a key strategy to respond to current economic challenges and to promote economic stimulus and recovery," UNICEF Canada said in a statement.

TORSTAR NEWS SERVICE

News in brief

AFGHANISTAN The ongoing conflict in Afghanistan, in which the 100th Canadian soldier died Friday, has not hurt the military's efforts to find recruits for front-line combat. In fact, it appears to have helped, as several recruitment offices across the country are about to set records for enrolment. But those same offices are reporting difficulty recruiting doctors and non-combat roles.

TORSTAR NEWS SERVICE

Baby girl born from full ovary transplant in U.S.
Doctors in St. Louis said they have successfully transplanted a full ovary from a volunteer, allowing her infertile twin sister to give birth to a healthy baby girl Nov. 11. It is the first time an entire ovary has been transplanted and resulted in a live birth, the researchers said. **REUTERS**

World

Rat study proves sugar addiction

A study of rats offers scientific proof for what many dieters already know: Sugar can be addictive. Bart Hoebel of Princeton University said bingeing on sugar water produced behavioural and even neurochemical changes in rats that resembled the changes produced when animals or people take substances of abuse.

REUTERS

Obama to governor: Step down

President-elect Barack Obama called on Illinois Gov. Rod Blagojevich to resign yesterday after he was charged with trying to sell Obama's Senate seat and swap favours for money.

Obama spokesman Robert Gibbs said Blagojevich needed to step down because "under the current circumstances, it is difficult for the governor to effectively do his job and serve the people of Illinois."

"Under the current circumstances, it is difficult for the governor to effectively do his job and serve the people of Illinois."
President-elect Barack Obama

There have been moves in Obama's home state of Illinois to strip Blagojevich of the power to make the appointment he allegedly tried to barter, either by driving him from office through legal means or letting voters fill the Senate seat with a special election.

Obama, who takes office Jan. 20, resigned from the Senate after winning the Nov. 4 presidential election.

Blagojevich showed no sign of stepping down after he was arrested at home before dawn Tuesday and then released on his own recognizance without having to post bail.

His office said Bob Greenlee, one of three deputy governors serving in appointed positions, had resigned. No reason was given.

Obama, who earlier called the charges against the two-term governor sobering and sad, has had a cool relationship with the fellow Democrat, who has been under investigation for other issues for years.

REUTERS

Prince Harry **Trading for charity**

KIRSTY WIGGLESWORTH/REUTERS

Britain's Prince Harry, right, closes a 250 million-euro deal with broker Amanda Hartnell at the offices of city traders ICAP in London yesterday. Prince Harry was attending the 16th annual ICAP Charity Day, where all global revenues from ICAP trading are donated to 100 charities.

Perfume vials from Christ's era found

DISCOVERY A team of Franciscan archaeologists digging in the biblical town of Magdala in what is now Israel say they have unearthed vials of perfume similar to those that may have been used by the woman said to have washed Jesus's feet.

The perfumed ointments were found intact at the bottom of a mud-filled swimming pool, alongside hair and makeup objects, the director of the dig told the Terrasanta.net religious website.

"If chemical analyses confirm it, these could be perfumes and creams similar to those that Mary Magdalene or the sinner cited in the Gospel used to anoint Christ's feet," Father Stefano de Luca, the lead archaeologist, told the website. **REUTERS**

Greece hit by strike, more violence

CHAOS Riot police clashed with demonstrators for a fifth day and a general strike paralysed Greece yesterday, piling pressure on the beleaguered conservative government.

"Government murderers!" demonstrators shouted, furious at the shooting of a teenager by police Saturday. The killing ignited unrest fuelled by simmering public anger at political scandals, rising unemployment and poverty.

Prime Minister Costas Karamanlis, clinging to a thin majority, pledged to safeguard people from violence, but did not say how. Government sources denied rumours emergency measures were being considered.

No more protests are planned this week, but tension remains high.

Meanwhile, foreign and domestic flights were grounded, banks and schools were shut, and hospitals ran on emergency services as hundreds of thousands of Greeks proceeded to walk off the job.

Unions say privatizations, tax rises and pension reform have worsened conditions, just as the global downturn is hurting the country's 240 billion-euro economy.

REUTERS

Opposition appeal

- Greece's socialist opposition leader George Papandreou yesterday appealed for restraint and an end to five days of violence.

Peru sues Yale University to get back ancient Incan artifacts

DISPUTE Peru has filed a lawsuit against Yale University to recover relics taken nearly a century ago from the ancient Incan capital of Machu Picchu, the country's top tourist spot, the American school said yesterday.

Peru says Yale has more than 40,000 pieces — a precious mix of mummies, pottery and jewelry — taken by U.S. explorer and Yale alumnus Hiram Bingham after he rediscovered the ancient city in 1911.

Yale promised to fight the suit, which Peru had threatened to file for years.

REUTERS

UNHCR: 6 million long-term refugees around the world

HUMANITY Some six million people around the globe are trapped in mainly poor countries as long-term refugees, many facing deprivation that feeds crime and human trafficking, a senior United Nations official said yesterday.

The UN High Commissioner for Refugees, Antonio Guterres, said there were at least 30 crisis areas around the world where people had been forced to flee into neighbouring states and had not been able to return home for many years.

Guterres said the six million were people who had spent more than five years in exile, mainly in Africa and Asia. **REUTERS**

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Comment

Patience Iggy's virtue

New Grit leader should pass on coalition and rebuild party

Home&Abroad

Andrew Cohen

Canada & world insight

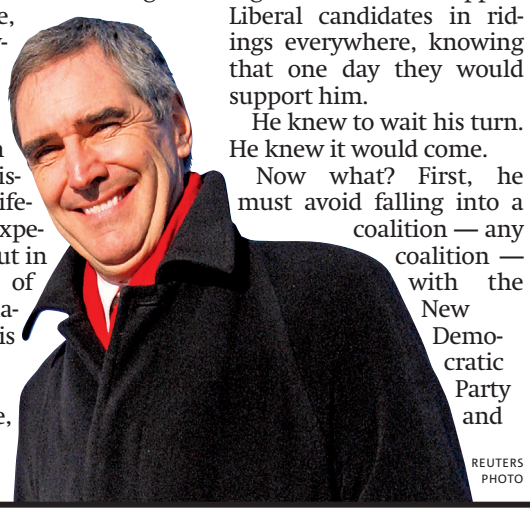
Three years ago, Michael Ignatieff was a political neophyte. Amid much anticipation, he had returned home from Harvard after decades abroad as a journalist, author, professor and broadcaster. As expected, he ran for Parliament and won a seat.

When Paul Martin resigned, Ignatieff ran for the leadership. It was too early for someone who had barely unpacked his bags, and he surely knew it. His campaign foundered and failed.

But today, in one of those strange and wondrous reversals of fortune, Ignatieff finds himself leader of the Opposition. He could be prime minister of Canada within two years, maybe tomorrow.

The man then and now are assuredly different. Ignatieff remains thoughtful, eloquent and telegenic, which helped make him an influential public intellectual in London and Boston.

Now, though, he has learned the bloodsport of politics, which is the critical difference. He has entered the arena. He has paid his dues. He is no longer a dilettante, an arriviste, a poseur.



REUTERS PHOTO

Three years in politics isn't a lifetime of experience. But in the Age of the Amateur, it is certainly respectable, longer than Pierre Trudeau or Brian Mulroney served before they became prime minister (though Trudeau had been justice minister).

What Ignatieff has now, which he didn't have then, is the credibility he earned in Parliament as deputy leader and party loyalist. Over the last three years, he learned to swallow his reservations about the fumbling Stéphane Dion, even as Dion was self-destructing. He knew to support Liberal candidates in ridings everywhere, knowing that one day they would support him.

He knew to wait his turn. He knew it would come.

Now what? First, he must avoid falling into a coalition — any coalition — with the New Democratic Party and the Bloc Québécois. It would be unsustainable, unpredictable and, for the Liberals, unprofitable.

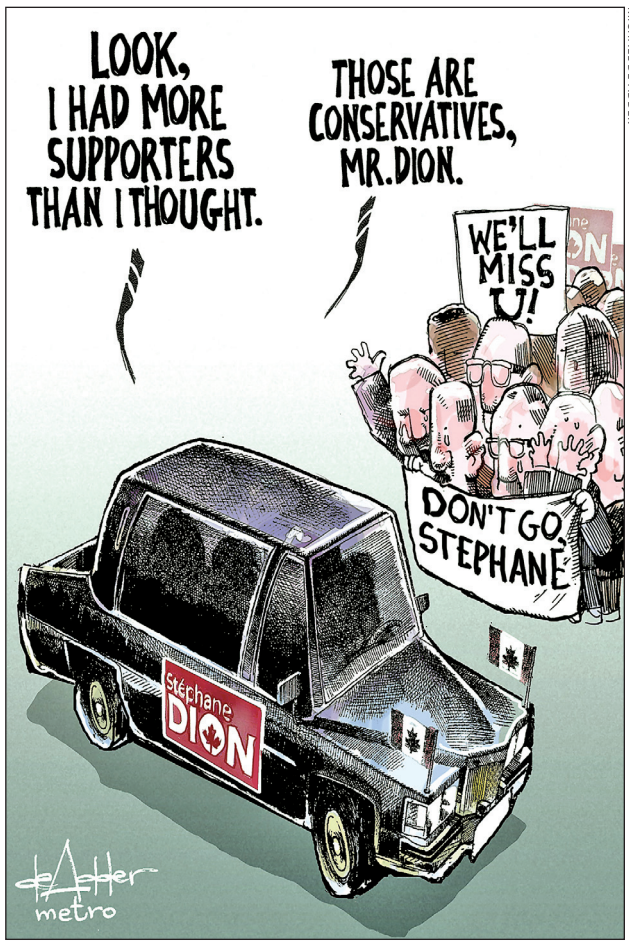
Second, he must renew the Liberal party. This means developing new ideas through a policy conference like the Liberals held at Kingston in 1960, positioning today's party in the centre-left, not the left, as a coalition would. It means finding ways to raise money, for example learning from Barack Obama's pioneering use of the Internet.

It means reorganizing the party structure. It means recruiting candidates, especially in Quebec and the West.

All this will take time. A wise leader will understand this. As Michael Ignatieff waited for the leadership, he will wait for power.

In politics, the foremost lesson is patience.

Andrew Cohen, a professor and journalist, is the author of Extraordinary Canadians: Lester B. Pearson.



MICHAEL DE ADDER

Views

State of Canadian economy rests on Obama

MoneyMatters

Charles Davies

Veteran Business Writer

When it comes to fixing the economy, we had all better hope our next leader gets it right. And when I say leader, I'm not talking about any of the delusional adolescents playing out the ongoing political farce in Ottawa. I mean Barack Obama, Canada's de facto economic caregiver-in-chief.

The hard reality for Canadians is that our well-being is reliant on the state of the U.S. economy. When your neighbour to the South takes three-quarters of your exports and supplies two-thirds of your imports, you know you have a dependency issue. Add in the fact that Americans are the biggest foreign investors in Canada, and that we are their largest single supplier of oil and gas, and there's one truth that we can all hold to be self-evident. If Uncle Sam goes down for the count, we're going to get squashed.

He's already tottering. The U.S. lost more than half a million jobs in December, bringing the year's total to more than two million pink slips. Consumer spending is shrivelling, as is business investment in inventory, plant and equipment. And let's not forget the sub-prime mortgage crisis and its potential to worsen as jobs continue to evaporate.

Although he doesn't officially become president until Jan. 20, Obama is already articulating elements of the economic rescue package he plans to take to Congress. Along with business and individual tax cuts, he's looking at raising unemployment compensation, adding to food stamps, providing federal aid to state and local governments and embarking on the largest public works program since the New Deal. Obama is not just promoting road and bridge building. He also wants to invest in things like broadband Internet access and smart electric grids, the kinds of infrastructure investments that would boost U.S. competitiveness once economic growth resumes.

The cost? Who knows, but it could easily surpass the $700 billion US already allocated to bail out the financial system, not to mention the $14 billion US in government subsidized loans approved for U.S. automakers.

Will it work? Nobody knows that either, but it's at least clear that massive government aid is coming because, after all, the U.S. economy is too big to fail.

President Obama will very likely give Americans — and Canadians — a New Year's gift by presenting an aid package to Congress the very week of his inauguration. That would be before Canada's Parliament even reconvenes to consider Sideshow Jim Flaherty's next budget.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

Letters

High oil prices not needed for innovation

RE: letter "It's up to consumers to adapt to changing oil prices" (Dec. 8).

The fact oil prices are coming down after spiking so dramatically has not stopped innovation from occurring. The fall of oil and gas prices has been a welcome reward to many, including the farmers and ranchers of Canada, who have been beaten up by the peak in oil prices without receiving any reward in increased commodity prices. Also, when prices are high, it does not force oil companies to be innovative.

The threat of another upward spike is enough to scare most people into being more aware.

CLAY CREASY, BROWNSFIELD, ALTA

Contraception and consent

RE: "Teens need sex education" (Dec. 9).

Josey Vogels promotes the British contraception plan of offering contraception injections for 13-year-olds without parental consent by comparing it to seat belts. Parents would be aware if their child was charged with not wearing their seat belt, but under this plan they can be prescribed medication that alters their blood chemical and hormonal balance without parental consent.

What 13-year-old really has the wisdom to consider the pros and cons of artificial hormone therapy?

Parents at the very least should have a say in their daughters' medical care.

JAI REID, PICKERING

The Queen deserves respect

Re: "Let's retire the Queen" (Dec. 10)

Mr. Sullivan should read up on some Canadian and world history before he calls the Queen of Canada a lawn ornament, or absurd.

How pathetic and shameful. He speaks of preserving our parliamentary democracy. Well, Britain and the monarchy were instrumental with that. Give respect where it is deserved. Maybe you, Mr. Sullivan, should be an ornament in Her Majesty's office to see how much she really does and how much she cares for all the citizens in her Commonwealth — even you.

STEVEN KRELLER, VANCOUVER

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Oil situation won't get much worse
Deutsche Bank's chief economist Adam Sieminski predicts oil prices could dip to $30 US a barrel, but that they will rebound to $80 US a barrel in 2011 as the world economy recovers beginning at the end of next year. **REUTERS**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Rate decision by banks stirs anger

Canadians are speaking out against a decision by the big six banks not to fully match a big interest rate cut by the Bank of Canada.

A spokesperson says the Consumers' Association of Canada has received "hundreds of calls" from "outraged" Canadians across the country since the chartered banks decided to lower their prime rates by only 50 basis points. The central bank had earlier cut its trend-setting rate by 75 basis points.

Consumers appear upset that the banks are blunting the impact of the Bank of Canada's monetary policy, and that they are doing so at a time when they are tapping taxpayer-funded programs to bolster lending. Among those initiatives, Finance Minister Jim Flaherty has tripled Ottawa's mortgage purchase program to $75 billion and backstopped more than $200 billion in interbank loans.

In a statement, Flaherty's spokesperson noted the objective of both the mortgage purchase program and the lenders assurance facility is to "further improve credit availability and affordability" for consumers and businesses. **TORSTAR NEWS SERVICE**

Online reaction

- A Facebook group called "Pass on Rate Cuts Canadian Banks" has been set up to protest the banks' decision not to pass on the full rate cut.

Fur industry **A mild winter means mild sales**

REUTERS/ALEXANDER NATRUSKIN

A woman tries on a fur coat at a fur fair in Moscow yesterday. Due to a mild winter, this year total fur sales in Russia — mainly coats — will halve to around $2.5 billion US and 2009 will remain tough, said Sergei Stolbov, head of the Russian Fur Union.

Business in brief

MARKETS Nortel Networks shares fell 20 per cent to 51 cents on the TSX after the Wall Street Journal reported Nortel has sought legal advice on a bankruptcy protection scheme.

AVIATION ACE Aviation Holdings, which holds 75 per cent of Air Canada's shares, said one of its biggest shareholders has asked the company to convene a meeting to remove all directors and create a new board. **REUTERS**

Mexico's Bimbo to buy Weston unit

ACQUISITION Mexico's Bimbo is buying the U.S. breadmaking unit of Canada's George Weston for $2.38 billion US, giving it a chunk of the eastern U.S. market with one of the biggest acquisitions in its history.

Bimbo, one of the world's top breadmakers, also purchased George Weston's western U.S. breadmaking business in 2002. **REUTERS**

Disputed U.S. label rules to be finalized

TRADE The White House is on track to finalize rules that require country-of-origin labels on meat sold in U.S. grocery stores, officials said yesterday.

They are being challenged by Canada as a violation of world trade rules. **REUTERS**

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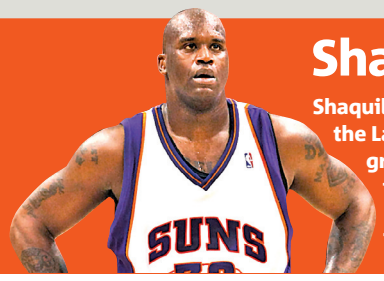
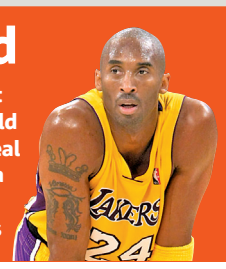
Report: No Avery decision until NHL suspension complete
TSN reported last night reported the Dallas Stars will delay making a decision on Sean Avery's future with the team until his NHL suspension is completed. Avery is eligible to play again Dec. 16. METRO NEWS SERVICES

Sports



Shaq, Kobe reunion delayed

Shaquille O'Neal missed last night's Phoenix Suns game against the Lakers in Los Angeles following the death of his 92-year-old great grandmother. It would have been the first time O'Neal tipped off against Kobe Bryant since his freestyle rap at a New York nightclub last summer criticized Bryant. The two teams next play Feb. 26. METRO NEWS SERVICES



SPORTS@METRONEWS.CA

Conrad fights for funding, 2010

VANCOUVER 2010 **Games**

MATTHEW WUEST
matthew.wuest@metronews.ca

As she tries to make the cut for Vancouver, Sarah Conrad knows that getting funding in Canada was difficult even before the recession.

Sarah Conrad isn't sure where her national sponsor money went, but she's ready to fight to get it back.

The Dartmouth, N.S., snowboarder, who unexpectedly went to the Winter Olympics in Turin in 2006, is encountering a few bumps in the road on her way to Vancouver 2010.

Turns out the Canadian Olympic Committee's Own The Podium slogan could leave Conrad out in the cold.

"Turin was kind of like, 'Yeah, sweet, you qualified, go and see how you can do,'" Conrad says. "Now, it's like, 'Go and medal or else you're not going at all.' The pressure's on.

"Sometimes, you feel the support, a lot of times, you don't.

"Right now, I'm kinda not feeling the support from big-money sponsors.

"I have to work my butt off and get them back on my side and prove to them I have medal potential."

The half-pipe rider has rapidly improved since Turin. She posted a number of top-six finishes at major events last season, including a personal-best silver medal at a World Cup event in Stoneham, Que., on her birthday in March. While that would appear to be enough to guarantee money from big corporate sponsors, Canada's raised bar and the economic climate are working against her. But Conrad, whose season gears up tomorrow at the U.S. Grand Prix near Denver, says the downturn won't prevent her from travelling to important events.

"Money's money, if there's a will, there's a way," she says. "I may not live as comfortably as I should, but I'll still go. I won't miss a contest because I don't have money."

Helping her cause is sponsorship support from Atlantic Canada. Many smaller corporations have gotten behind Conrad, who was the only Nova Scotian to go to Turin. "They're still really pumped for me," Conrad says.

Conrad's results this winter will be pivotal in her quest for a spot in Vancouver, particularly at the world championships in January and World Cups in February and March.

The 23-year-old, who lives in Squamish, B.C., for much of the year, says she can already feel "Olympic fever" building for 2010, and doesn't want to be left out.

She hopes consistent top-six finishes will get her there. "I feel good about my riding; I feel strong," she said. "The next year is going to be a trip, but this is what we do. This is our job. I'm going to do my best and see how things end up."

On the web

- Visit Sarah Conrad's site at www.sarahconrad.com

Sundin watch heats up

ToulBox

Scott Rintoul
scott.rintoul@team1040.ca

Official word will come down in the next few days, but JP Barry, the agent for Mats Sundin, clarified a few things earlier this week on the TEAM 1040. Barry explained that Sundin is only interested in a deal that takes him through the rest of the season at which time he'll reassess his career.

Based on a number of credible sources, the Rangers and Canucks are believed to be the frontrunners for his services.

New York is already seen as a Stanley Cup contender and Sundin's close friend Markus Naslund is part of a talented group up front.

The Rangers also have a minimal travel schedule, which is appealing to a 37-year-old veteran.

However, the Rangers have virtually no wiggle room under the salary cap meaning New York would have to trade away a decent player or ask Sundin to play for peanuts.

Salary is of no concern to the Canucks, who have heaps of space under the cap to pay Sundin's freight. Vancouver has also proven to be more offensive than advertised, and former linemate Kyle Wellwood had excellent chemistry with Sundin in Toronto. The sticking points in Vancouver are the tougher travel schedule, and the notion the Canucks are not serious contenders as currently assembled.

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Backup goalies stack pads with confidence

TheHockeyNews

Sam McCaig

thehockeynews.com

You can come up with a pretty convincing argument that says Roberto Luongo, Martin Brodeur and Evgeni Nabokov have been the best three goaltenders in the NHL for the past several seasons. Miikka Kiprusoff and Henrik Lundqvist, among others, might disagree, but for the sake of this column, bear with me.

Luongo has been the most dominant netminder in the league the past few years. Brodeur has won four of the past five Vezina Trophies. And Nabokov has been the backbone of the San Jose Sharks, annually one of the league's best teams (in the regular season, anyhow).

The three goalies share another commonality this season: A lengthy stint on the sidelines due to injury. Luongo has been out for three weeks and counting with a groin strain; Brodeur will miss at least three months after elbow surgery; and Nabokov missed much of November with a leg injury.

Interesting that three of the league's top goalies, all of whom have traditionally enjoyed good health, would all get hurt at the same time. Really, it's the first injury of consequence for each of them, at least since turning pro. As a result, we get to evaluate how their team has fared without them — and how the club is likely to perform going forward.

It looked bad — real bad — in the 10 days after Brodeur's elbow injury in early November as the Devils lost five of six games without their all-world stopper.

But the Devils, who know a thing or two about team defence, reversed the losing trend with a five-game winning streak, and have gone 8-6-0 overall without Brodeur. Backup Scott Clemmensen has stepped up, helped by his team's penchant for suffocating defence, and the Devils remain a viable playoff contender. It's difficult to see New Jersey in the playoffs if the team is without Brodeur for most of the season, but never bet against Devils GM Lou Lamoriello.

In San Jose, the Sharks have been on a roll all season, and barely missed a beat when Nabokov missed three weeks in November. San Jose is loaded with talent at every position — even at backup goalie as it turns out, with Brian Boucher near the top of most goaltending categories. He's not going to chase Nabokov out of town, but Boucher's play in November allowed the team to rest easy, knowing it has a capable backup if the No. 1 goes down. San Jose went 5-1-1 in the seven games Nabokov was out.

Finally, Luongo. With reports suggesting he may return to the Canucks crease as soon as this weekend — and surely, within the next week or so — it looks like Vancouver has survived being without the one player everyone thought it could not afford to lose. The Canucks went 1-4-0 in the first five Luongo-less games, before a 2-0-1 streak improved their overall non-Roberto record to 3-4-1. No, that pace won't get you into the post-season — but it's good enough to keep Vancouver near the edge of the playoffs, and Luongo is good enough to carry any team the rest of the way.

Assuming good health, of course.

The Hockey News thn.com

Sakic sidelined three months by snow blower

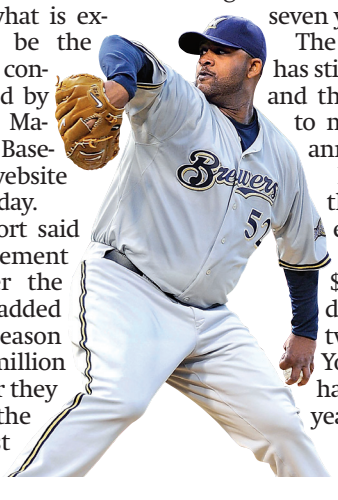
NHL Avalanche centre Joe Sakic will miss the next three months after undergoing surgery Tuesday night to repair three broken fingers and tendon damage, the team announced yesterday. Sakic, already suffering from a herniated disc in his back, hurt the fingers in a snowblower accident.

Sakic missed several games in November with back problems and also missed a game on Nov. 24 with an infected tooth.

METRO NEWS SERVICES

Sabathia on his way to Yankees

MLB CC Sabathia has agreed to join the New York Yankees for what is expected to be the richest contract signed by a pitcher, Major League Baseball's website said yesterday.



The report said the agreement came after the Yankees added another season and $20 million to the offer they made the player last month, bringing the package to $160 million over seven years.

The deal, though, has still to be finalized and the team has yet to make an official announcement.

If it goes through, it will eclipse the record six-year, $137.5 million deal agreed between the New York Mets and Johan Santana last year.

REUTERS

Stern regrets Grizzlies failure

NBA The failed expansion into Vancouver is still a lingering disappointment, NBA commissioner David Stern said yesterday.

During an interview with Bill Simmons on espn.com, Stern said that he wished the NBA "hadn't had the Vancouver experience."

"Great city and we disappointed them," he said. "And we disappointed ourselves." The Vancouver Grizzlies joined the NBA as an expansion team in 1995 along the Toronto Raptors.

A poor record on the court followed by the NBA lockout in 1998 led to dwindling attendance. In 2001 the team relocated to Memphis.

Stern added he didn't think the NBA is likely to return to Vancouver.

"We just didn't take advantage of the opportunity," Stern said. "Maybe we shouldn't have done it there, maybe we should've only expanded into Toronto."

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Courtesy of DRAFT

The November/December issue of DRAFT magazine features nine essential holiday cocktails: Snowflake, Yule Berry Tini, Peppermint Froth, Eggnog White Holiday, Poinsettia Cocktail, Chocolate Eggnog Martini, Baked Apple Pie Cocktail, World Peace Cocktail and Cranberry Sauced. METRO NEWS SERVICES

Food

For the Eggnog White Holiday cocktail, you'll need: 1 ounce White Chocolate Godiva Liqueur; 1 ounce Navan Cognac and eggnog.

November/December issue of DRAFT Magazine

And then ...

Shake all ingredients in a shaker with ice and strain into a glass. Garnish with gold flakes.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Santa's little kitchen helpers

À **la** carte

Barb Holland

Metro Food Writer

Onion Goggles, top, Remote Digital Thermometer, from left, Hands-Free Soap Dispenser and Immersion Handheld Blender.

I realize not everyone — OK very few — appreciate kitchen gadgets under the tree. But, for what it's worth (it is a free newspaper), I thought I would pass along some of my favourite small but useful kitchen gadgets. The operative word here is useful. If not useful, they don't clutter my drawers or cupboards for long.

Onion Goggles

If you chop a lot of onions as I do and have tried the many ways to prevent tearing, here's one that works. I have bought and given many Onion Goggles to family and foodie friends.

Yes, a little corny looking, but these plastic glasses have a comfortable foam seal that protects eyes from irritating onion vapours. Give with a bag of onions for a gift they'll talk about for awhile. $25.

Remote Digital Thermometers

Aside from a keen cook, every kitchen should have a thermometer, no exception. I particularly like Remote Digital Thermometers. When it comes to roasting meat, variables such as shape, size and type of meat; cooking guidelines (min/lb or kg) are just that — guidelines. A thermometer is virtually foolproof.

A steel probe inserted in the meat and the attached wire remains in the oven during cooking. The base, outside of the oven, displays the increasing internal temperature during cooking.

An alarm beeps when the internal temperature you have set is reached. They usually have a timer as well. There are quite a few available and prices range from $30 to $70.

Hands-Free Soap Dispenser

Why didn't someone think of this before? When prepping yucky things, a Hands-Free Soap Dispenser is such a good idea. The sensor dispenses soap touch-free to help avoid cross-contamination. $25 to $40.

Immersion Handheld Blender

An Immersion Handheld Blender is a handy gadget for puréeing soups right in the pot or whipping up pina coladas. Get one with a few attachments — a knife blade and container for chopping small amounts and a wire whip — for versatility.

Price ranges: $30 to $100 (depending on attachments).

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

The Feast of Sacrifice

Eid al-Adha or Feast of Sacrifice is the most important feast of the Muslim calendar. It concludes the pilgrimage to Mecca. Eid al-Adha lasts for three days and commemorates Ibraham's (Abraham) willingness to obey God by sacrificing his son.

Muslims believe the son to be Ishmael rather than Isaac as told in the Old Testament. Ishmael is considered the forefather of the Arabs. According to the Koran, Ibrahim was about to sacrifice his son when a voice from heaven stopped him and allowed him to sacrifice a ram instead. The feast re-enacts Ibrahim's obedience by sacrificing lamb. The family eats about a third of the meal and donates the rest to the poor.

"The reason why one-third goes to the family is to keep them humble and so that they eat from the same lamb that they are sacrificing and giving to the poor."

Habeeb Salloum is a resident of Toronto and author of numerous cookbooks, including Arab Cooking on a Saskatchewan Homestead: Recipes and Recollections (Canadian Plains Research Center, University of Regina, Regina, 2005).

The following recipe is supplied by Salloum. The main dish is a whole lamb, minus the head. One-third goes to the family who sacrificed, bought or prepared the lamb and two-thirds goes to the poor around them (including neighbours, extended family, friends, etc).

The reason why one-third goes to the family is to keep them humble and so that they eat from the same lamb that they are sacrificing and giving to the poor. Eating from the same lamb means the poor don't feel like the family who sacrificed it are above them.

Kharouf Mahshi — Stuffed Lamb

Serves 20 to 25.

INGREDIENTS:

- 20 to 25 pound lamb, thoroughly washed
- 1/2 cup lemon juice
- 3 tablespoons salt
- 4 teaspoons pepper
- 4 teaspoons allspice
- 1/2 pound butter
- 3 pounds beef or lamb, cut into very small pieces
- 4 medium onions, chopped
- 1 cup blanched almonds
- 1/2 cup cashew nuts
- 1/2 cup pine nuts
- 1/2 cup pistachio nuts
- 5 cups rice, rinsed
- 1/2 cup raisins
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1/4 teaspoon cayenne
- 8 cardamon seeds, crushed
- 6 cups water
- 2 cups plain yogurt
- 1 cup honey
- 2 teaspoons powdered garlic
- 2 teaspoons ground coriander seeds
- 1 teaspoon cumin
- l teaspoons ginger

METHOD:

Thoroughly rub lamb both inside and out with a mixture of the lemon juice and 2 tablespoons of the salt. Set aside and allow standing for an hour. Combine 2 teaspoons pepper and 2 teaspoons allspice. Rub lamb inside and out with this mixture then set aside, ready for stuffing.

Melt butter in a large pot then sauté chopped meat over medium heat for 15 minutes. Stir in onions, almonds, cashews, pine nuts and pistachios.

Sauté for a further 10 minutes or until nuts begin to brown. Stir in remaining salt, pepper and allspice, rice, raisins, cinnamon, nutmeg, cayenne, cardamom and water. Bring to a boil and cover. Simmer over medium/low heat for 20 minutes. Stuff lamb with the contents of the pot, then sew closed and place in a large baking pan.

Make basting by combining remaining ingredients. Baste lamb and cover with aluminium foil. Bake in a 300° F preheated oven for 3 hours, then remove foil and baste. Bake covered for a further hour, basting twice.

Turn lamb over, baste, re-cover with foil, then cook for a further 1 1/2 hours or until the lamb meat is tender, basting every half hour. If baste finishes, baste with pan juices.

Place lamb on a large platter. Remove sewing thread and serve piping hot along with salads.

METRO NEWS SERVICES

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Chocolate Peanut Butter Pudding Cake

INGREDIENTS:

3/4 cup (175 mL) all-purpose flour
1/3 cup (75 mL) granulated sugar
1 tsp (5 mL) baking powder
1/3 cup (75 mL) milk
1 egg, beaten
3 tbsp (45 mL) natural peanut butter
3/4 cup (175 mL) packed brown sugar
1/4 cup (50 mL) cocoa powder
1 cup (250 mL) boiling water

METHOD:

In large bowl, whisk together flour, granulated sugar and baking powder. Whisk together milk, egg and peanut butter; stir into flour mixture. Scrape into greased 8-inch (2 L) square glass baking dish.

In heat-proof bowl, whisk brown sugar with cocoa powder; whisk in boiling water until smooth. Pour over cake; do not stir. Bake in 350°F (180°C) oven until cake is firm to touch, about 30 minutes. Let cool for 10 minutes. Makes 6 servings.

Nutritional Info

1 Serving (6 for this recipe)	
Protein:	6 grams
Fat:	6 grams
Carbohydrates:	54 grams
Calories:	281

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Chefs "Senza Frontiere"
On Jan. 12, 2009 at 6 p.m., Pino Posteraro of Cioppino's (1133 Hamilton St.) will host a 12-course feast prepared by some of Vancouver's hottest chefs. Tickets $500 to benefit Chef's Table Society of BC. Call 604-868-1235 or visit *chefstablesociety.ca*. METRO NEWS SERVICES

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I've never gone from love to hate quite so fast. The concept — contemporary Greek cuisine — was exciting, the online menu read well, and the room looked clean and modern. We went eagerly, arrived hungry and left disgusted.

It started with my drink, a vodka and champagne concoction of which I couldn't handle more than one sip. Then the bread came, an odd assortment of lovely pita, half a bagel (huh?) and a roll that might have been sour-dough (taste tests couldn't confirm).

On the web
- Read the full article online at *metronews.ca/vancouver/columns*.
- Chew more on Anya's blog at *metronews.ca/vancouver/blogs*.

The feature appetizer, saganaki with grilled prawns ($13), was edible, but barely, with an overly sweet balsamic glaze.

Mains were worse. Pork and lamb souvlaki ($15) was overcooked and one skewer of lamb was obviously not fresh (almost rancid).

Salmon with spinach risotto ($15) was a disaster. I had substituted the risotto with the "Greek-style" polenta. Overcooked fish, with a rubbery hardness that my fork had difficulty penetrating, came with a lumpy tasteless mash of might have been either chick peas or lentils in another life.

ANYA LEVYKH/FOR METRO CANADA
Beef short rib moussaka with salad.

Short rib moussaka ($11) was the only dish that tasted half-decent, but the side salad was too vinegary. If this is what passes for contemporary Greek, it might be time for another Roman invasion.

A cheap sparkler for hard times?

Champagne is usually made from three grape varieties: Pinot Noir, Chardonnay and Pinot Meunier. Sparklers labelled "Blanc des Blancs" usually implies 100 per cent Chardonnay. In the case of Chamdeville's sparkling wine, Brut Blanc des Blancs N.V., it refers to a blend of white grapes — Semillon, Ugni Blanc and Muscadelle. It's a fairly sweet, light alternative to more expensive Champagnes (only $11.49 at BCLS), but, if the wallet allows, you may want to upgrade to something more refined. You get what you pay for ...

Dining out

CHRISTMAS EVE FEAST
Le Gavroche (1616 Alberni St.) will offer a special five-course dinner on Dec. 24 for $55 per person ($80 with optional wine pairings). Selections include diver scallops, quail in foie gras port reduction, beef tenderloin and cranberry crème brulée. Call 604-685-3924 for more information.

... AND ANOTHER
Elixir at the Opus Hotel (322 Davie St.) will offer a special five-course menu on Dec. 24 and 25, for $80 per person ($120 with optional wine pairings). Selections include pumpkin and lobster bisque, roasted free-range turkey, and eggnog rum parfait. Call 604-642-0557 for details.

In brief

MON BELLA BISTORIA has changed chefs again. After a scant two weeks, chef Lauren Campbell is out and former Metro/Rare chef Brian Fowke is in as a locum.

THE 3RD ANNUAL Operation — Cookies for Kids drive is on, benefitting B.C. Children's Hospital. Pick up your reusable tin of goodies at Edible BC and Pacific Institute of Culinary Arts. Call 604-514-3539 for more.

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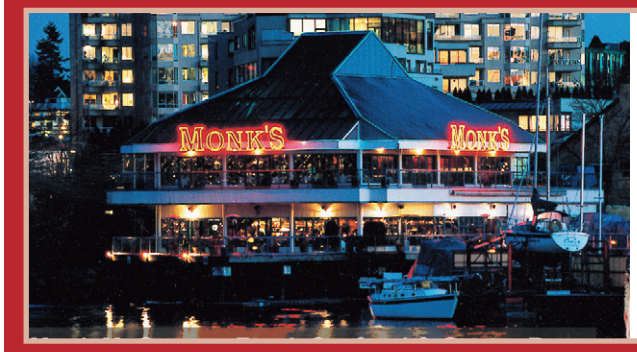

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Holiday Shopping Guide IV

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

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A Greener Christmas, written by Sheherezade Goldsmith, $28.

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Holiday **Shopping Guide IV**

Some beauty-ful gift ideas for her

The best and the brightest of 2008's new cosmetics offer up some great presents

JANINE FALCON
for Metro Canada

Hankering for an improved complexion, lusher lashes or super-glossy hair? Here's a round-up of some of the year's most effective stuff to help you get what you need.

Skin care

A new study from the University of Toronto suggests that greens+ plant-based supplements may contribute to the reduction of the stress hormone cortisol, which is linked to obesity, cardiovascular disease, mental health and acne.

While further study is required to confirm findings, preliminary results make **Genuine Health healthy skin with greens+** (156g, $27.99) something more than hope in a jar.

Clarins Pure Melt Cleansing Gel ($36) dissolves stubborn makeup and dirt, and rinses cleanly away to leave skin soft, fresh and bright.

With lactic acid to help exfoliate, **Dermalogica Age Smart Skin Resurfacing Cleanser** ($46) gently smooths skin as it cleanses.

Makeup

Oily skin's new best bud, **Smashbox Photofinish Light** ($44) is a weightless primer lotion that ensures makeup stays put without feeling mask-y.

GOSH Velvet Touch Eye Liners ($13 each) are waterproof, creamy-smooth, and come in a gazillion colours.

Flake-proof **Clinique Lash Power Long Wearing Formula** ($18) beats humidity, rain, tears and oily lids, yet washes off with very warm water. Tied for "best-of" placement is just-released **Lancôme Ôscillation** ($39), which, with its micro-vibrating wand and gel-like formula, curls, lengthens, and volumizes for a faux-lash finish.

The most exciting blush debut since Benetint, **Benefit Posietint Lip & Cheek Stain** ($35) brightens with a youthful, long-lasting, sweetly pink flush.

CoverGirl Wetslicks Amazemint lip glosses ($6.99 each) rock for sheer colour, non-sticky and non-drying texture, and a lick of peppermint oil in the mix.

The most makeup bang for your buck, the **Sephora Ultimate Blockbuster Collector's Edition palette** offers more than $300-worth of cosmetics for just $58.

Hair care

Besides giving the longtime-singleton shampoo a partner, **Head & Shoulders Conditioner** ($6.99) helps defeat dandruff and really does leave hair shiny and healthy.

John Frieda Luminous Colour Glaze ($13.99) has a new lighter consistency to crank hair-in-need's sheen way, way up.

This year, curly-haired girls fell for **re:coil shampoo, conditioner** ($20 each) and **curl activator** ($19) from Canadian company **AG Hair Cosmetics**. The trio delivers frizz-free curls with just a bit of product.

Green star

Big green kudos to a growing number of earth-friendly lines, such as **Live Clean** and **La Coupe Orgnx** haircare and **Cargo Plant-Love** cosmetics. Live Clean and Orgnx are formulated with natural and certified-organic botanicals, and housed in recylable bottles; PlantLove steps up with compostable packaging. Canadian-made all three, their eco-footprint is lighter than that of imports. Runnerup: U.S.-made natural-based **David Babaii for WildAid** hair care, with support from actress Kate Hudson and 10 per cent of proceeds marked for WildAid, a global wildlife conservation organization.

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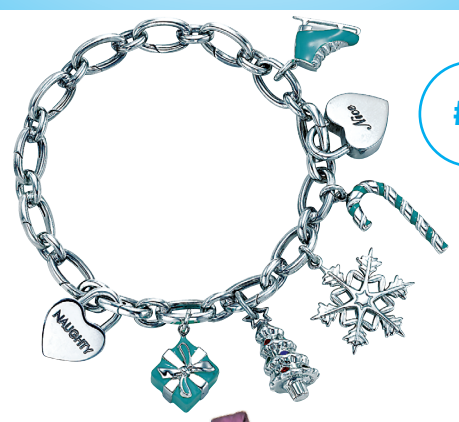

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This Disney/Pixar Wall-E ornament, called Deck the Planet!, is $19.99.

#2 Capture memories

Visit: homesense.ca
This family tree photo album, $14.99, is available at HomeSense.

#3 For the tea lover

Visit: chapters.indigo.ca
This Mighty Leaf Tea Box is available online for $29.99 at Chapters Indigo.

#4 Fabric coasters

Phone: 1-888-633-5833
Visit: GrassrootsStore.com
Available in a set of two ($9.99) or four ($16.99).

#5 Get passionate

Visit: fruits-passion.com
Fruity Foaming Bath, $10 (portion goes to Habitat for Humanity Canada).

#6 Cranberry gift set

Visit: thebodyshop.ca
Cranberry Body Polish and candle are part of the New Merry Cranberry Gift, $45.

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Holiday Shopping Guide IV

Cool toys for older boys

#1 Make an impact

Visit: homedepot.ca

The Makita Lithium-ion Impact Driver is available at Home Depot for $389.

#2 Dress him up

Visit: harryrosen.com

Ted Baker Archive shirts ($235), in an assortment of colours and patterns.

#3 Help him navigate

Visit: homehardware.ca

Nuvi 255W GPS System features a touchscreen colour display, $319.97.

#4 Steel and titanium

Visit: baume-et-mercier.com

Baume & Mercier Hampton Square men's watch, $4,490.

#5 High-def sound

Visit: philips.com

These in-ear headphones by Philips are available for $129.99.

#6 Stocking stuffer

Visit: shoppersdrugmart.ca

Gift set includes watch with matching tie, tie bar and cufflinks, $19.99.

#7 To keep him warm

Visit: winners.ca

This men's bathrobe ($39.99) is available at Winners.

#8 Watch your power use

Visit: blackanddecker.com

The Power Monitor, $99.99, is available at Wal-Mart, Best Buy and more.

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The Philips and Swarovski Active Crystals line includes the USB Heart Ware Crystal memory keys, left. The keys retail at $210 for 1GB of storage, and $264 for 2GB of storage. Go to active-crystals.com for more. METRO NEWS SERVICES

Holiday **Shopping Guide IV**

Presents for aspiring shutterbugs

RICK McGINNIS
rick.mcginnis@metronews.ca

Digital snapshot cameras have reached a kind of quality plateau in the last year — image size hovers around the more-than-generous eight- to 12-megapixel range, and shutter lag (at least without flash) has been reduced to a fraction of a second at worst. Which means that you're basically buying based on price and which particular combination of features appeals to you.

THE BASICS:

Olympus FE-360 8-megapixel digital camera ($129)

Canon Powershot SD1100 8-megapixel digital camera ($179.99)

Kodak M1093 10-megapixel digital camera ($199.95)

Olympus Stylus 1050 SW 10-megapixel digital camera ($299)

Sony T77 10-megapixel digital camera ($299.99)

Sony T700 10-megapixel digital camera ($429.99)

On the low end, we have the **Olympus FE-360** and **Canon's SD 1100**, both eight-megapixel cameras in familiar styles — 2.5-inch LCD screens with controls laid out around and above the menu toggle button and the shutter on the right side of the camera. Olympus puts its selection of shooting modes down a couple of levels in the menu, while Canon puts them one button away. Zoom ranges are about equal, and both cameras passed the acid test of being used by my five-year-old daughter. The Canon, sole among the cameras tested, gives you the option of a rangefinder to look through when bright sunlight makes the LCD hard to use.

Kodak's M1093 is about as basic, though the controls have been tidied up a bit, and Kodak's Smart Capture shooting mode remains one of the most user-friendly automatic shooting modes on the market.

Olympus' 1050 SW is a flush-lens/sliding-lens cover model that's built like a tank, and meant to withstand rough treatment and weather. The back contains the usual array of controls, but Olympus has built in an accelerometer-controlled interface where you can choose and set shooting options by tapping on the camera body — once to select, twice to accept. It's strange at first, but it's responsive and quickly becomes second nature.

On the high end, both in terms of price and design, we have a pair of Sony sliding-lens cover cameras. The **T77** and **T700** are basically siblings with sleek aluminum bodies and touchscreen interfaces on the back. The 3.5-inch widescreen LCD on the back of the T700 is a half-inch wider than its brother, though both cameras let you select the area of the frame you want to focus on with a tap. Image quality is up to Sony's usual high standards.

ONE STEP BEYOND:

Olympus SP-570UZ 10-megapixel camera ($449)

Panasonic Lumix LX3K 10-megapixel camera ($549.99)

Olympus E-420 digital SLR w/25mm Zuiko Digital lens ($679)

Once you've gotten tired of the limitations of a point-and-shoot camera, you'll want to move up to something with more range. **The Olympus SP-570UZ** is a "superzoom" camera, part of a range of cameras that have been gaining popularity with amateur photographers tired of the anemic 3x zoom range of pocket cameras. It has a startling 20x optical zoom that can (and did) pick off a hummingbird hovering by a feeder and a full range of automatic shooting modes, as well as manual controls that approximate a full SLR.

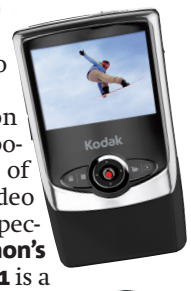
Panasonic's LX3 has become a big hit with professionals looking for a small camera for travel and location scouting. It's accomplished this by putting its aspect-ratio controls on the Leica lens barrel, letting you compose with a full widescreen LCD on the back and making its low-light capability the best on the market.

Finally, **Olympus' E-420** was reviewed here before, but the company's stellar lens range has come up with a 25mm "pancake" lens that transforms this little SLR into a true joy. Dispensing with the cumbersome zoom that usually comes with this sort of camera — and the flexibility, naturally — you end up with a light, elegant machine that practically begs you to shoot like a pro. As part of an exclusive deal with Henry's, Olympus has brought their Komachi kit over from Japan — an E-420 with the 25mm lens and a retro leather camera case and strap in a very pretty gift box for $779.

LIGHTS, CAMERA, ACTION:

Kodak Zi6 pocket digital video camera ($179.99)

Canon Vixia HF11 HD digital video camera ($1,299)



These two machines exist on the opposite ends of the video camera spectrum. **Canon's Vixia HF11** is a full HD camera that's been used by professional crews as a B camera to get cutaways and wide shots. Small — it sits in the hand like a pop can — and relatively stripped down in terms of controls, it records its widescreen HD image to a 32 GB internal memory card, with an expansion slot for an SDHC card. It's easy to hold, and the 12x zoom is more than generous.

Kodak's Zi6, on the other hand, is about as simple a camera as there is. There's a power button and a shutter toggle on the back that handles the zoom, two buttons for playback and stop, and a button on the front that pops the USB connector from the side. It's about the same size as a point-and-shoot camera, and requires no neck strap or padded bag. The image quality is a far cry from the Vixia, but it's immensely usable, and while the movies you'll shoot with the Vixia will look great on your flatscreen TV, the Zi6 just might end up capturing more of your family's life.

ACCESSORIES:

HP Photosmart B8550 inkjet printer ($299.99)

You might have outgrown your point-and-shoot camera, but have you also outgrown your printer? **HP's B8550** prints up to 13-by-19-inch images on fine matte paper that HP guarantees has a 200-year archival life, as well as your 4x6 holiday snapshots and copies of your gas bill.

Kodak W820 wireless digital photo frame ($229.95)

Sony DPFD80 digital photo frame ($199.99)

It'll take some fiddling, but **Kodak's 8-inch W820** digital frame will connect to your home wi-fi network and stream photos from your collection, bypassing the CF card slot or internal memory. Kodak has also done away with the tiny remote that they assume you'll lose, and put the menu controls on a touch strip around the edge of the very minimal frame.

Sony's DPFD80 is equally minimal — a glossy little non-widescreen 8-inch slab that accepts the company's signature memory stick card. There's no wi-fi, but the LCD screen is up to Sony's high standards. However, the stand at the back — a rubberized stick that resembles a tabletop radio antenna — feels a bit stiff and doesn't appear to meet the company's usual quality.

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Hbc

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Holiday Shopping Guide IV

Sweet treats

#1

#3

#4

#2

#1 Liquid love

www.starbucks.com/red
Tall Starbucks Espresso Chocolate Truffle, $3.90 plus tax, and gift cards.

#2 Chocolate indulgences

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Premium Swiss Dark and Milk Chocolate Truffles, $5.99.

#3 Sweet Cheeks

Visit: cakebeauty.com
Brown Sugar Scrub, $32; Buttery Body Bubbles, $18; and Better Bod Rub, $34.

#4 Turtles get retro

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2009 Aveo 5-Door 2LT shown.

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2009 Cobalt SS Coupe shown with available equipment.

2009 COBALT XFE

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The 2009 Chevrolet Cobalt XFE has better highway fuel efficiency than the 2009 Toyota Corolla CE.✣

2009 HHR LS shown.

2009 HHR

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DIY decor ideas
If you're keen on DIY projects, check out the ideas from the TV show Pure Design. Go to *hgtv.ca/puredesign*, then Projects & Articles, and click on instructions for a gadget-charging station, a storage bench and more. METRO NEWS SERVICES

Metro Homes

Show your cards
A simple plan for showing off a few holiday cards is to drape a pretty ribbon from a row of vertical floating shelves or a bookcase and affix greeting cards with two-sided tape.
METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Show the light in the winter months

HouseLeague

"One of the simplest tips to create the right light in any home for sale is to avoid using bright white fluorescents and opt a for the softer yellow glow. This will give a less synthetic feel to the light and a more natural sun-like glow to the home."

With the rain almost a daily occurrence now, and the warm weather finally laid to rest, most people have begun their winter hibernation. But for those of you who are still waiting on buyers to come check out your open houses in this already slow market, here are some ways to make your space feel bright and airy and inspire those few buyers to write an offer.

One of the simplest tips to create the right light in any home for sale is to avoid using bright white fluorescents and opt a for the softer yellow glow. This will give a less synthetic feel to the light and a more natural sun-like glow to the home. You can now get compact fluorescent bulbs that give off a light much like the incandescent bulbs we are used to.

Another simple trick is to light a multitude of candles in the fireplace, if you have one. If it is electric or gas, turn it on. While people tend to feel more stressed and down during the soggy months, a nice warm glow from a fire can make even the most stubborn buyer melt. You can also use candles to help light areas of your home where you want to give the illusion of serenity like the bedroom and around the bath.

One of the things owners with north-facing properties learned long ago is that to filter some of the blue light that comes in when you have no direct sun, avoid using white curtains and go for more of a taupe or cream colour. By filtering out some of the blue spectrum, you will get more of a warm glow through the windows. This can make a dreary day seem a little brighter.

Finally, with all the windows in your home closed off to keep warm, stale air can become a huge problem for people who come through your property. While you may not notice any difference in the air quality of your home, that stale scent can turn off a lot of buyers. Open the windows before any showings to air out the space. Cinnamon, which is a natural deodorizer, can be simmered with water in a pot and make the home smell like fresh baking without having to do any work.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada, and host of The Real Estate Minute on Novus TV; rdeluca@sothebysrealty.ca.

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CARLYN YANDLE PHOTO

This windowless storeroom was transformed into an enticing arts and crafts studio.

Stage your space — for yourself

UrbanDweller

"Start by hanging out in one newly empty room. What do you want to happen here? Is it a place for creative pursuits? Reading or watching movies? Hanging with friends? Meditation? If you can dream it, you can create it."

This is the fourth — and last — installment of my shovel out the premises plan. Those who undertook this brave task of clearing out the clutter before Christmas know it's not easy to part with things that come with a back story or a memory. But if my studies of Feng Shui (okay; speed-reading at Chapters one rainy afternoon) tells me anything it's that we must release old stuff and the old thinking attached to them in order to make room for new ideas and experiences.

Congratulations if you've banished all the junk piles from your home. If you've relapsed a bit, you can catch those past step-by-step columns at my blog at homereworks.com. Now comes the fun part: Staging your newfound space like a pro, except the goal here isn't to sell your home but learn to love it again — because you deserve a nice home as much as the next person.

Start by hanging out in one newly empty room. What do you want to happen here? Is it a place for creative pursuits? Reading or watching movies? Hanging with friends? Meditation? If you can dream it, you can create it.

The key to a successful room is making it truly fit your desired function and celebrating that use in the décor. Take the room pictured above. This former storeroom was transformed into an arts and crafts studio by first relocating an extra table to the room's centre for all-sides access. An area carpet on a thick underlay makes standing easier on the knees. A bank of low Ikea bookshelves along one wall adds further workspace area while the shelving below stores various art supplies in full view. A collection of embroidery hoops is stored on the wall, adding a light, airy décor to this windowless room and a large plastic pail full of art papers serves as a functional bouquet. Some favourite art paper was set in a few spare picture frames to further inspire the dweller who dreamed this space. Enticing displays of materials and projects-in-progress in baskets on the table make this room almost irresistible.

If your dream is an "away" room, you could anchor the space with a cozy armchair and storage ottoman, a favourite throw over the chair arm, a good-sized side table and a reading lamp.

Add an electric kettle, a music system or a small TV and settle in.

Well done.

Carlyn Yandle is a Vancouver journalist with her own room-planning business, Home Reworks; carlyn@homereworks.com.

New fashion series on Cosmo TV
Catch The Rachel Zoe Project, a new six-part series that follows celebrity stylist Rachel Zoe as she juggles runway shows, celebrity clients and her own design business in the fast-paced world of fashion styling. Premieres Jan. 12 on Cosmopolitan TV. METRO NEWS SERVICES

Style

Add style to your wrapping regiment
Make the task of wrapping gifts more enjoyable this season or surprise a shoeaholic on your gift list with a cute Mary Jane shoe-style tape dispenser from Scotch Tape. The dispenser holds regular and super-sized rolls of tape. Available now at major retailers nationwide including Wal-Mart, Staples, Chapters/Indigo, Rexall and Grand & Toy for $10-$14.99. For more information, visit *scotchtape.ca*. METRO NEWS SERVICES

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Glam it up this New Year's Eve

Style **File**

Kim Elbo
kim.elbo@gmail.com

ask kim

I was just at a holiday party and got a small stain on my chiffon dress, how can I get the stain out?

First of all, there are different types of chiffon. If your dress is a poly chiffon (blend of polyester and chiffon), then you can wash it and dry it with no disturbance to the fabric. However, if your dress is silk chiffon, then you'll have to dry clean it as water or any other liquids can distort the fabric.

E-mail your style questions to *kim.elbo@gmail.com*.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Strapless
Designer: BCBG
Shop: BCBG
Address: Various locations
bcbg.com

Off the Shoulder
Designer: Madison Marcus
Shop: Ishara
Address: 650 West 41st Ave., Oakridge Centre
shopishara.com

Glitz and Glame
Designer: Tracy Reese
Shop: Wear Else
Address: Various locations
wearelse.com

Studded
Designer: Aldo
Shop: Aldo
Address: Various locations
aldoshoes.com

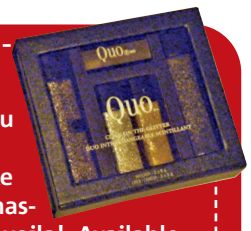
Zipper
Designer: Michael Kors
Shop: Michael Kors
Address: Various locations
michaelkors.com

Jeweled
Designer: GEOX
Shop: GEOX
Address: Various locations
geox.com

New Year's Eve dresses

I'm sure your New Year's Eve (NYE) plans have already been set (weeks in advance of course), but have you made plans for what dress you'll be wearing? Well, here's a little guidance to get you going. Shine through the new year and go for glitter and glam — NYE is usually the only time you can wear a full on sequined dress. Nix the little black dress idea and go for something with colour to brighten up the night. And if daring enough, sex it up with a strapless mini.

accessory
Sparkle like the superstar that you are! Mix and match to create sparkling gold and silver duos like this Quo kit, $15. Use a glittery mascara and liner, connect them and voila! Available at Shoppers Drug Mart.



New Year's Eve shoes

Just because you went a little over the top with the dress doesn't mean you can't do the same with the shoes. Step into the new year with rocker-worthy studs, zippers and jewelled baubles. If you haven't bought your dress yet and are looking to find shoes first, try buying black-based shoes as it's usually a given that it'll go with everything. And remember: Not all of us can go through the night with heels on so make sure you invest in comfortable foot pads.

tip: Want to have good luck in love in the coming year? Try this Mexican tradition; wear a pair of new red underwear on New Year's Eve. (*gomexico.about.com*).

psst... Save the date! Designer Thakoon for Target will be available Dec. 28 – Jan. 31. The resort collection is filled with abstract floral prints and tunics perfect for vacation. Check out *nylonmag.com* for the full collection.

GlobalStyle

Kenya Hunt
Exclusively at metronews.ca/globalstyle

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The new Baywatch
The creator of the hit TV show Baywatch is looking for the next Pamela Anderson to star in a new version of the series based in New Zealand. Anderson starred as lifeguard C. J. Parker in the 1990s series. **IMDB.COM**

Entertainment

Next samurai

Keanu Reeves has signed on to star in 47 Ronin, according to Variety. Set in 18th-century Japan, the film will follow the true story of a group of samurai swordsmen who avenge the death of their master. **E! NEWS ONLINE**

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

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www.PawsitiveGifts.ca

Pearl Jam raids vaults for Ten

MUSIC Pearl Jam has unearthed a host of unreleased tracks and special surprises from its vaults for a reissue of its 1991 debut album, Ten.

Four different editions will be available March 24 from its former Epic Records label; pre-orders begin this week at PearlJam.com.

In brief

MUSIC Officials at the Academy of Motion Picture Arts and Sciences have reversed a decision on the original score from The Dark Knight and deemed it eligible for an Oscar in the original score category.

REUTERS

Brandy lacks emotion

MusicReviews

music@metronews.ca

Brandy

Album: Human
Label: Epic/Sony BMG
Rating: ●●½

FOR ALL THIS Grammy-winning singer/actress has endured of late — specifically, a 2006 car accident that resulted in a fatality and ensuing legal fallout from all parties concerned — one would surmise an outpouring of lyrical and musical emotion on Brandy's first new outing in four years. Save for a chilling Shattered Heart, any thankfulness of being alive, being able to love and yearn for love, yada yada yada, is bathed in predictable, repetitive, synth-heavy R&B and all the adult contemporary softness of a white down comforter. Is it really that wrong to occasionally emote some rawness?

Ian Nathanson/for Metro Canada

SONY BMG PHOTO
Human is the first album from R&B singer Brandy in four years.

Alice Russell

Album: Pot of Gold
Label: Little Poppet/Six Degrees/Outside
Rating: ●●●½

HAD THE LIKES of Amy Winehouse and Aimee Duffy not emerged before her, this U.K. songstress' fourth album would have perked up many ears with her throwback to '60s Motown-meets-Stax soulfulness. What does set Russell apart is her ability to wail away to near ear-piercing screams as if she longs for the attention above the punchy horns and backing choirs. And while she capably works some magic on a slow-burning gospel-tinged cover of Gnarls Barkley's Crazy, much of Russell's efforts come across calculated and flat following the high-energy opening cuts.

Ian Nathanson/for Metro Canada

Coldplay

Album: Prospekt's March
Label: EMI
Rating: ●●●½

WITH A MEGA-SUCCESSFUL album released just a few months ago, Coldplay didn't have to release an EP of left over material from their Viva La Vida sessions. But they did, more likely because they actually like their fans than for a cash grab. The eight-track count is a bit misleading though — three songs are remixes of Viva songs and one is a 48-second piano track. Still, the three new tunes are as good as anything off their recent full-length — especially Glass of Water — while the reworked tunes are a nice treat.

Bryan Borzykowski/for Metro Canada

Common

Album: Universal Mind Control
Label: Geffen/Universal
Rating: ●●

YOU CAN'T BLAME Common for wanting to rest his overactive brain — for the last few years he's been the go-to guy for conscious, thoughtful hip hop. On his latest he just wants to have fun, teaming up with Pharrell Williams. What follows are bland, been-there-done-that rhymes and beats. Lets hope he gets this diversion out of his system quickly.

Bryan Borzykowski/for Metro Canada

Food + Entertaining
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Everything about life, updated every day.
Health + Fitness
Fashion + Beauty
Home + Garden
Family + Relationships

HOLIDAY PLANNING CHECKLIST

Getting and keeping your family organized over the holidays can be a daunting task, but do it right and your holidays will be stress-free!

As soon as December hits, most of us get caught up in the whirlwind that is the holiday season. This time of year usually requires a lot of planning, not to mention great organizational skills. To help you have a happy, healthy, and stress-free holiday, we've created a holiday checklist, filled with simple, time-sensitive reminders that will help you stay on track.

3 weeks before
- Create a holiday budget.
- Make a list of all the gifts you want to buy and for whom. Keep a copy on you at all times.
- Make an appointment with your stylist (and/or manicurist, massage therapist, etc.).

(continued online...)

To read more, visit lifestyle.yahoo.ca

No more Jurassic Park
Movie producers have ruled out a fourth Jurassic Park blockbuster. **IMDB.COM**

NBC cashes in on Leno

IntelleVision

rick.mcginnis@metronews.ca

You get the feeling that all this talk about numbers and integration is leaving wet chairs in boardrooms and offices.

WHAT HAPPENED? Two weeks ago, the likely defection of Jay Leno for ABC to compete with Conan O'Brien, his network-appointed successor, looked like little more than a slap fight between agents, a power play whose significance wasn't resonating far beyond the few square miles beyond Wilshire Boulevard and La Brea Avenue.

Today, however, it seems like NBC's decision to give Leno his own 10 p.m. show, Monday to Friday, leaping from late night to primetime, was something like betting everything on black.

Increasing the number of unscripted hours on primetime and cutting back on the hour-long dramas that have filled the slot is playing out like a cross between canceling the Beverly Hillbillies and storming the Bastille.

"The model for network television is basically broken," said Rino Scanzoni, CIO for the media division of WPP, the Dublin-based communications firm, in a New York Times story. "They cannot continue to go down this path," he added ominously, adding that the new Leno show could be "positive for the advertising community."

Leno's new show would be even more likely to feature integrated product placement, and interstitials with local news talent that will make affiliates happy, speculated a host of media types interviewed by the Times.

You get the feeling that all this talk about numbers and integration is leaving wet chairs in boardrooms and offices from coast to coast and even overseas.

It's nice to know that someone's going to have a merry Christmas this year.

It's bad news for out-of-work actors and film crews in Los Angeles and New York, though, according to the L.A. Times.

"The threshold for this show is lower than for a scripted program," said Marc Graboff, co-chairman of NBC Entertainment.

"But we are offering something to our advertisers that is more innovative," Graboff added.

It's strange, though, that the innovation on which NBC, at least, is setting so much of its future looks so very much like something Steve Allen would have hosted almost 50 years ago.

It's too much irony, even for me.

Rick McGinnis writes about music, movies, books and television, but not opera.

Critics pick Milk as best film of 2008

Sean Penn

AWARDS Milk, a movie about slain U.S. gay politician Harvey Milk starring Sean Penn, was named the best picture of 2008 yesterday by the New York Film Critics Circle, throwing the top award category wide open in the race for the Oscars.

The New York Film Critics Circle honours follow the Los Angeles Film Critics Association, which named animated feature WALL-E the best picture, and the National Board of Review, which last week named Slumdog Millionaire. **REUTERS**

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 12/11/08	251	308	3 CBC	News (CC)	Jeopardy! (N)	Coronation St.	Wheel-Fortune	Chocolate Confidential (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Secret Millionaire (N) (CC)		Smarter Than a 5th Grader?		X-Weighted (CC)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	CSI: Miami (CC)		CSI: Crime Scene Invstgtn.		(:01) ER "The High Holiday"		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Smallville "Toxic" (CC)		Supernatural (CC)		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Gabon (N) (CC)		The Office (N)	Billable Hours	(:01) NUMB3RS (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Eve's Christmas (2004) Elisa Donovan, Cheryl Ladd.				(:01) Eleventh Hour "Flesh"		News (CC)
	253	359	13 CITY	Law & Order: SVU		Ugly Betty (CC)		30 Rock	30 Rock (N)	Friends (CC)	Friends (CC)	Realty TV
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Toxic" (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Gabon (N) (CC)		CSI: Crime Scene Invstgtn.		(:01) Eleventh Hour "Flesh"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	Kath & Kim	The Office (N)	(:31) 30 Rock	(:01) ER "The High Holiday"		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	House	Love It-List It
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (CC)		Grey's Anatomy (CC)		(:01) Private Practice (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	The Great White Hype ★★ (1996) Samuel L. Jackson, Jeff Goldblum.					Still Standing	Scrubs (CC)
	291	383	27 PBS	Celtic Woman: The Greatest Journey -- Holiday Special				Andre Rieu: Live in Vienna (CC)				Victor Borge
	290	382	28 FOX	Two/Half Men	Two/Half Men	Secret Millionaire (N) (CC)		Smarter Than a 5th Grader?		News (N) (CC)		Family Guy
	-	364	43 PBS	Secrets of the Vatican				Dr. Wayne Dyer: The Power of Intention (CC)				
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	65 TLA	Two/Half Men	Two/Half Men	Smallville "Toxic" (CC)		Supernatural (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	67 WPX	CW11 News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		The Office	The Office	Late Late Show	
news	502	390	26 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
	500	500	33 CNN	Planet in Peril: Battle Lines		Anderson Cooper 360 (CC)		Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	World Combat League (CC)		Hockey	Canucks TV	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NFL Football: Saints at Bears		SportsCentre (Live) (CC)		Triathlon: Ironman		Poker Night (Taped)		SportsCentre
	411	457	49 OLN	Pilot Guides "Vietnam" (CC)		Pilot Guides "Chinatown"		Don't Forget Your Passport		Crusoe "Sacrifice" (CC)		Survivorman
	410	403	54 SCR	Score Tonight	NBA Basketball Portland Trail Blazers at Utah Jazz. (Subject to Blackout)					Final Score	Final Score	Final Score
	417	406	55 SC	Wrecked	Wrecked	Pinks	Pass Time	Pinks -- All Out		Pinks -- All Out		Wrecked
	416	409	144 GLF	Footballers	Extra Time	Gol TV News		Extra Time	Extra Time	Gol TV News		Extra Time
family	552	543	25 YTV	Home Imp.	Home Imp.	Sabrina-Witch	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50 TEL	Santa Claus	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	The Critic	Chicken	Code
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Sec Star-Left	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin (CC)	Comfy Couch
cable variety	268	354	5 KNO	Leading Edge	Big Ideas	Amber Time Machine (CC)		Art of the Heist (N) (CC)		Vertical City	Design e2	Fatherhood
	575	583	20 CMT	Hope & Faith	Hope & Faith	Gone Country	Gone Country	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Gossip Girl (CC)		Muchmusic Countdown (CC)			Pimp My Ride	MuchVibe (CC)		Spotlight
	600	564	29 H&G	Home to Flip	Real Renos	Holmes on Homes (CC)		The Fix (CC)	Disaster DIY	Home to Flip	Real Renos	Holmes
	615	520	31 A&E	The First 48 (CC)		Manhunters	Manhunters	The First 48 (CC)		The First 48 (CC)		The First 48
	628	584	32 SPKE	(6:00) TNA iMPACT! (N) (CC)		The Ultimate Fighter		Disorderly Conduct: Video		Rock Band 2	Married... With	Running Man
	521	560	34 TLC	LA Ink Naheed crosses a line.		American Chopper (CC)		LA Ink Naheed crosses a line.		American Chopper (CC)		Overhaulin'
	616	522	39 SHO	Painkiller Jane Faith healer.		ReGenesis "Gene In a Bottle"		Trailer Park	Trailer Park	NUMB3RS "Velocity" (CC)		House (CC)
	620	523	40 BVO	These Girls	Bravonews	Law & Order (CC)		Without a Trace (CC)		These Girls ★★ (2005) Caroline Dhavernas.		
	601	562	41 SLC	The Biggest Loser The winner is revealed.				ET Canada	Matchmaker	The Biggest Loser The winner is revealed.		
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		Monster Moves (CC)		Impact Earth (CC)		
	522	506	44 HIS	NCIS "The Voyeur's Web"		Lost Worlds (CC)		Finding the Fallen (CC)		NCIS "The Voyeur's Web"		Crime Stories
	627	528	45 SPC	Chuck (CC)		Stargate SG-1 (CC)		Lost "Not in Portland" (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	47 TBS	Seinfeld	Seinfeld	Friends (CC)	Friends (CC)	Sex and-City	Sex and-City	Anaconda ★ (1997) (PA) Jennifer Lopez. (CC)		
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Make	What	Family Guy	Seinfeld	Seinfeld	Frasier "IQ"	Family Guy
	603	561	52 FN	Jamie at Home Christmas		Restaurant Makeover (CC)		Challenge Ice cream. (CC)		Unwrapped	Secret Life of	Jamie at
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Choc. News	Daily Show
	320	621	60 CEN	First Sunday ★★ (2008) Ice Cube. (CC)			(:45) Stardust ★★★ (2007, Fantasy) Claire Danes, Charlie Cox. (CC)					The Fountain
	581	566	101 MTV	Whitney: From The Hills to The City (N) (CC)			MTV Live	Super Sweet	The Hills	Whitney: From The Hills to The City (CC)		
	261	394	102 V	Christmas Crl	Silent Night	7th Heaven "Xmas" (CC)		A Christmas Carol (2000) Ross Kemp.			Silent Night	Paid Program
	-	-	109 MUL	Matchmaker	Mom's-Upset	Vancouver	Kirdaar	Dheeyan Ghar	Sadabahar	Desi-Mama	Desi Rhythms	Patrol World

critics' corner

Kath & Kim
Beware of the enormous amount of holiday cliches! In an effort to find some "couple friends," Kath and Phil (Molly Shannon, John Michael Higgins) decide to host a Christmas party with the mall security guard, Pete (David Koechner), and his wife as the guests of honor. Meanwhile, Kim and Craig (Selma Blair, Mikey Day) find their friendship with Derrick (Jay Phillips) tested at the Circuit Surplus holiday bash. 8:30 PM on NBC

My Name Is Earl
The holidays are that special time of year when people give without really thinking. At least that is what Joy (Jaime Pressly) is counting on. Earl (Jason Lee) discovers that Joy has continued a holiday scam they started years before and has expanded the scam to include her friends. Now Earl makes it his mission to cross the conned man off his list. 8 PM on NBC

Sex And The City sequel not finalized: Nixon
Actress Cynthia Nixon has downplayed the frenzy surrounding plans for a Sex And The City: The Movie sequel, insisting the cast has yet to sign contracts for the project. **IMDB.COM**

Celebrity Buzz

Jessica predicts proposal near

RELATIONSHIPS Singer Jessica Simpson is reportedly convinced 100 per cent that her football player boyfriend Tony Romo is going to propose — and she's telling friends about it.

An unidentified source tells Star magazine that Simpson "is 'convinced' that Tony plans to propose over the holidays."

The pal says Romo let the cat out of the bag by repeatedly needling her about the diamond she received from ex-husband Nick Lachey.

Simpson's reps deny the story. **METRO WORLD NEWS**

Pattinson likes 'crazy' women

DATING Twilight star Robert Pattinson tells Closer magazine he likes his ladies to be "mental, strong women," imdb.com reports.

"The stuff I find attractive in women, I always regret finding attractive. I always like a kind of madness in a woman, and when they are really, really strong. And they're the worst — mental, strong women! But I like it when they hate me right from the beginning."

METRO NEWS SERVICES

Piven's role inspires actors

PEOPLE Jeremy Piven's character in Entourage has inspired actors to fire their real-life agents, according to the star.

Piven plays Ari Gold, a straight-talking Hollywood representative, in the hit show, and the role has had a profound effect on actors who watch the series, imdb.com reports.

"The best are the other actors who tell me they've fired their agent because they want a rep who's more like Ari. All you can do is try to tell them not to base real-life decisions on fictional characters," Piven tells New York Post gossip column PageSix.

But Piven is baffled by fans who confuse him with Gold and often finds himself telling them his real name.

"A lot of fans scream 'Ari!' at me. It doesn't annoy me. I go right over, tell them my real name and that I'm just the actor who plays Ari," he says.

METRO NEWS SERVICES

I did 'stupid, crazy things': Williams

PEOPLE Actress Michelle Williams did "stupid, crazy things" when she was growing up as an aspiring actress, but the experiences helped her prepare for the future, imdb.com reports.

Williams was so eager to pursue an acting career she distanced herself from her disapproving parents when she was 15 and left school.

She shot to fame in 1998 when she appeared in the hit teen show Dawson's Creek.

Now, at 28, Williams can see she took a huge risk by branching out by herself to try to carve a career in Hollywood.

"Hindsight. Isn't it great? The risks of going into L.A. at such an early age are huge," she tells Parade.com. "At the time, I was invincible. I thought I was on top of the world. I didn't realize what I was doing. But I wouldn't trade any of those experiences for anything in the world. I am who I am because of them. I had a lot of growing up to do and it was slammed into a couple of short years. I did stupid, crazy things. But those stupid crazy things prepared me to deal with future."

METRO NEWS SERVICES

Mariah wants weddings yearly

MARRIAGE Singer Mariah Carey wants to have a wedding every year, femalefirst.co.uk reports.

Carey, who married Nick Cannon last April, is reportedly planning a lavish ceremony for their first anniversary, and one every year after that.

"We'll definitely get (friends and family) involved in another celebration, though. We've been talking about doing a bigger wedding on our first anniversary. And maybe another one every year," Carey says.

Only eight people attended Carey and Cannon's low-key ceremony in the Bahamas, and Carey, who was previously married to record executive Tommy Mottola, says it was perfect.

"I wanted the opposite of what I did the first time," she tells Britain's Hello! Magazine. "Nick and I wanted it to be about us, no fuss, no worrying about everyone else's opinions. I can honestly say that my wedding to Nick was the most beautiful day of my life. For once it wasn't all about the hoopla."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Eloping mistake, Cruise tells Spencer and Heidi

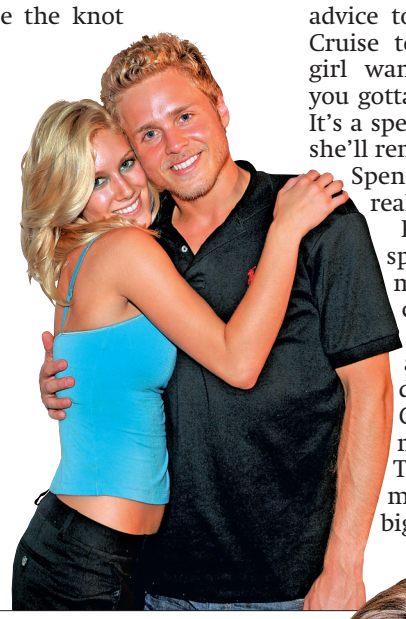
ADVICE Actor Tom Cruise has told reality TV star Spencer Pratt he made a mistake by eloping with Heidi Montag, imdb.com reports.

The Hills co-stars jetted off to Mexico last month to tie the knot in secret, despite Montag's previously expressing her desire for a big family ceremony.

Cruise is convinced Pratt has made a mistake that will come back to haunt him. When asked to offer advice to the newlyweds, Cruise told MTV, "If the girl wants the wedding, you gotta do the wedding. It's a special occasion, and she'll remember it forever. Spencer, dude ... you'll realize this later."

Pratt has since responded to Us-magazine.com conceding, "You all know how I feel about big weddings, but if Tom Cruise says so, it must be true. If Tom's the best man, we'll have a big wedding!"

METRO NEWS SERVICES



Tomei studied strippers for role

CAREER Oscar winner Marisa Tomei studied rocker Bret Michaels' raunchy reality show Rock Of Love as part of her stripper research for new movie The Wrestler, imdb.com reports.

The actress tried pole dancing, too, just to make sure she'd look authentic in her film debut as an exotic dancer.

"I would practise in a dance room with a bar and a mirror, like a ballet studio. I watched Rock of Love, that reality show with Bret Michaels, where he's trying to get a wife and they're all strippers. That was my closest association to the actual world of it." **METRO NEWS SERVICES**

Swift has strict dating rules

RELATIONSHIPS Newly single teen singer Taylor Swift has written a set of strict dating rules to ensure she attracts a better boyfriend than her ex Joe Jonas, femalefirst.co.uk reports.

"I have this rule: I don't call a guy first. And you can't ever send two text messages in a row," Swift tells TheBoot.com. "If you're like, 'I need to talk to you' all the time, (or) 'Why didn't you call me back?'... If you're that girl, then nobody's going to want to date you."

METRO NEWS SERVICES

Jennifer pleads: Stop the relationship gossip!

DATING Actress Jennifer Aniston is "sick" of the interest in her relationship with musician John Mayer, imdb.com reports.

"I think it's ridiculous, the interest in my life. There's just this insatiable need.

"I also haven't had a movie in a long time, so hopefully this is going to create something else to talk about and (make people) realize that I have a job, and I'm an actress," says Aniston, whose next movie is the forthcoming Marley and Me co-starring Owen Wilson.

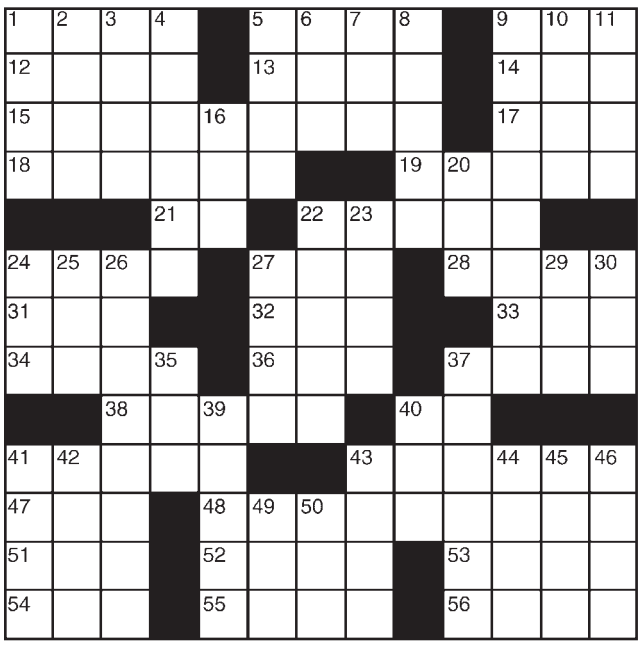
"I am honestly getting sick of it, and I feel like telling people, 'You know what? It's none of your f—ing business.' Seriously, it's enough."

METRO NEWS SERVICES

The Weather Network
TWN incorporates MSC data
Today Sunny 7°/ 2°
Friday Rain and snow 90% 4° / 3°
Saturday Flurries 3°/ -2°
WeatherEye... Free App Available on iPhone.

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Crossword across

1 Maintained
5 Flavor enhancer
9 Expert
12 Reed instrument
13 Follow instructions
14 Lubricant
15 China
17 Vitamin stat
18 Reddish blue
19 Skiers' mecca
21 Perform
22 Bean or pony
24 Info
27 Bawl
28 Kennel cries
31 Lennon's lady
32 Raw rock
33 Bribe
34 Bacterium
36 Performance
37 Catherine — -Jones'
38 "Honeymooners" role
40 Poet Housman's initials
41 Brother of Groucho
43 Collar
47 Disencumber
48 Photographer's resume
51 Work unit
52 Reverberate
53 Recedes
54 Teensy
55 Call a halt to
56 Back talk

Crossword down

1 Pueblo dweller
2 Black, in verse
3 Parliament VIP
4 Make up your mind
5 Unaccompanied
6 "The — Daba Honeymoon"
7 Mainlander's memento
8 Theater critic Kenneth
9 Dolphin
10 Carnival attraction
11 "The Good Earth" heroine
16 Id counterpart
20 Pigs' digs
22 Veranda
23 "Yeah, right"
24 Follow relentlessly
25 Inseparable
26 Bears' food?
27 Daytime drama
29 Cauldron
30 Hot tub
35 Singer Davis
37 All but one in a million?
39 Runs easily
40 "Bow-wow!"
41 Captain's group
42 Take on
43 On
44 Exile isle
45 Parent sharers
46 Pitch
49 Halloween abbr.
50 Pi follower

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		4	1			5		
6	7			2	9			
5			6				2	
7				5				9
		9				4		
8				3				1
	1				8			5
			4	1			3	2
		6			2	7		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

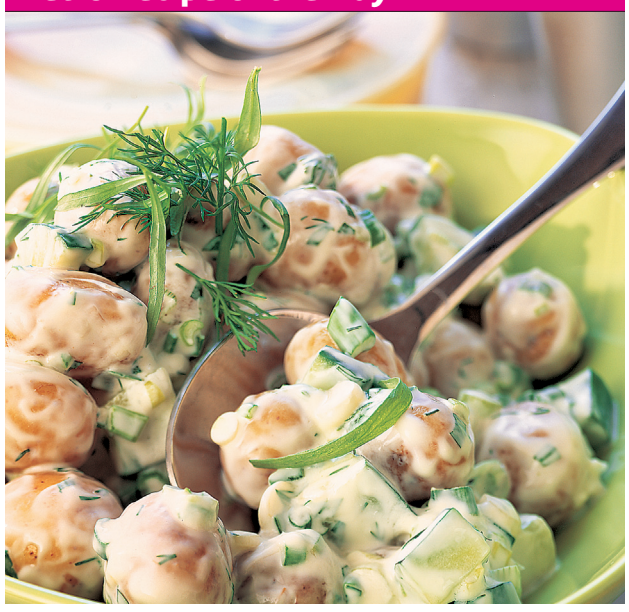
A	G	U	E		W	O	K		A	P	S	E												
M	O	S	T		E	R	E		S	U	E	R												
P	U	S	H	C	A	R	T		P	L	A	N												
S	T	R	O	L	L		C	H	I	L	L	S												
			S	I	T		H	E	R	O														
M	A	P		P	H	D		W	I	V	E	S												
O	P	U	S		Y	E	W		N	E	R	O												
B	E	L	C	H		W	E	N		R	A	Y												
		L	O	A	D		L	O	U															
B	E	M	U	S	E		L	A	P	T	O	P												
A	L	A	R		P	U	S	H	P	I	N	S												
S	U	N	G		O	N	E		E	M	U	S												
E	L	S	E		T	O	T		R	E	S	T												

3	7	4	6	2	1	5	8	9
2	8	6	9	7	5	4	3	1
1	9	5	4	3	8	2	6	7
5	4	2	1	8	3	9	7	6
7	6	8	2	4	9	1	5	3
9	1	3	5	6	7	8	2	4
4	3	9	7	5	2	6	1	8
8	2	1	3	9	6	7	4	5
6	5	7	8	1	4	3	9	2

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



New Potato Salad

INGREDIENTS:

2 lbs (900 g) tiny new potatoes, washed
2 tbsp (25 mL) dry white vermouth or dry white wine
1 tsp (5 mL) white wine vinegar, or to taste
Pepper to taste
1 garlic clove, finely chopped
4 tbsp (60 mL) low-fat mayonnaise
6 tbsp (90 mL) plain low-fat yogurt
1/2 large firm cucumber, diced
1/3 cup (75 mL) scallions, thinly sliced
4 tbsp (60 mL) chopped fresh dill
2 tbsp (25 mL) chopped fresh tarragon
Fresh dill and tarragon leaves to garnish

METHOD:

1. Cook potatoes in a saucepan of boiling water just until tender, about 10 minutes. Drain and return them to the pan. Set over a low heat and shake them around for a few minutes to evaporate any moisture. Transfer the potatoes to a mixing bowl and leave to cool for about 5 minutes.
2. Sprinkle vermouth or wine and wine vinegar over potatoes. Season with pepper. Turn potatoes to mix, then leave to cool completely.
3. Meanwhile, mix garlic, mayonnaise and yogurt in a small bowl until smooth.
4. When potatoes are cool, add cucumber, green onions, dill and tarragon. Spoon on mayonnaise and yogurt mixture, and stir gently to mix. Serve at room temperature or chilled, garnished with dill and tarragon leaves.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A difficult learner forces an investigation. Indecision presents a formidable dilemma. An opponent brings things to conclusion.

TAURUS
APRIL 21-MAY 21
Timing is crucial to finalize a deal. A man presents an absurd challenge. Alertness is required when visiting old folks.

GEMINI
MAY 22-JUNE 21
A loved one's insignificant indulgence is allowed. Optimism can lead to clearer thinking. An older man's helpfulness may be denied later.

CANCER
JUNE 22-JULY 22
A close friend's trust is an eye-opener. Take responsibility for someone's heart. Your patience will be rewarded.

LEO
JULY 23-AUG 23
Avoid any risk-taking while travelling. You're too eager for the weekend. Use your head and all will be well.

VIRGO
AUG 24-SEPT 22
Be there for someone who expects you to make the first move. A friend pulls you out of a bad situation. A computer failure will seem suspicious.

LIBRA
SEPT 23-OCT 23
A milestone is reached in a love affair. Thoughtlessness results in a shake-up. Crowds can get nasty when someone backs out of a promise.

SCORPIO
OCT 24-NOV 22
Resist delectable food to keep your weight down. Keep no secrets from your friends. A lost pet causes heartache.

SAGITTARIUS
NOV 23-DEC 21
A heartrending story will shock and dismay you. A friend will sustain a storm of criticism. Situations will engineer their own corrections.

CAPRICORN
DEC 22-JAN 20
A haughty man creates a disturbance. You might not get a job finished. A lack of co-operation can be rectified after lunch.

AQUARIUS
JAN 21-FEB 18
Something new will give you pleasure. Roll up your sleeves and get to work. You're willing to fight for dignified treatment.

PISCES
FEB 19-MARCH 20
Be sceptical if offered investment advice. Someone is arranging a private deal. Work as hard and as quickly as possible.

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This day in history

DEC. 11, 1792: French Revolution: King Louis XVI of France is put on trial for treason by the National Convention.
DEC. 11, 1816: Indiana becomes the 19th U.S. state.
DEC. 11, 1872: P.B.S. Pinchback becomes the first black member of the U.S. House of Representatives.
DEC. 11, 1941: Second World War: Germany and Italy declare war on the United States. The United States, in turn, declares war on Germany and Italy.
DEC. 11, 1946: The United Nations International Children's Emergency Fund (UNICEF) is established.

METRO NEWS SERVICES

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Capture actress Winslet's chess king (1)
2. Provide energy for the Eiffel edifice (2)
3. Actor Tom badly mishits a golf ball (1)
4. Shook up a sentry (1)
5. Code inventor Samuel's thoroughbreds (2)
6. Potpourri bag prestige (2)
7. Coven members' sewing loops (2)

ANSWERS
1. MATTE KATE 2. POWER TOWER 3. HANKS SHANKS 4. JARRED GUARD
5. MORSES HORSES 6. SACHET CACHET 7. WITCHES STITCHES

12-11-08

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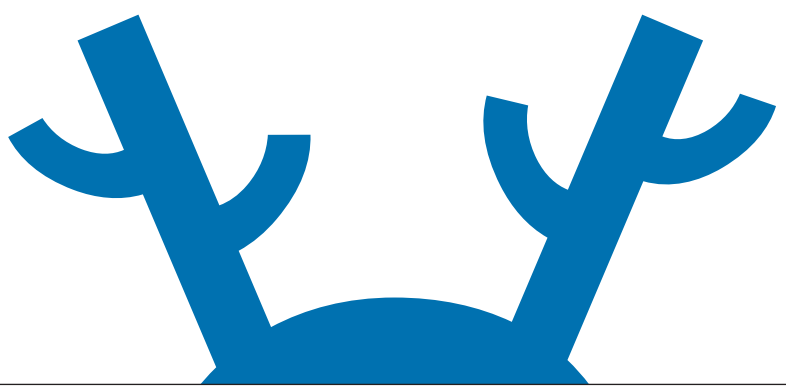

Bell shopping just got better

Also available at these retailers: CAMPBELL RIVER Pure Wireless; COURTENAY Pure Wireless; DUNCAN VI Cellular; MISSION Valley Toys Ltd; WHISTLER WSC Communications; Costco Wholesale; booth the telephone booth; WIRELESS etc...; WIRELESSWAVE

Offer ends December 24, 2008. Available with compatible devices within Bell Mobility high speed mobile network coverage areas. Other monthly fees, i.e., e9-1-1 (75¢), system access (not a government fee) ($8.95), and one-time device activation ($35) apply. Long distance and roaming charges (including foreign taxes) may apply outside your local area. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. **(1)** With new activation on a 3-yr. contract on a monthly voice plan. **(2)** With new activation on a 3-yr. contract on a monthly voice plan. Rebate applies on accessories before taxes in-store, on the Web or on the account otherwise; allow 4 to 6 weeks. **(3)** With new activation on a monthly voice plan and a data feature with a total min. value of $45/mo. **(4)** With new activation on a monthly voice plan with a min. Fun 15 bundle. Rebate applies on device before taxes in-store, on the Web or on the account otherwise; allow 4 to 6 weeks. You must keep the Fun bundle for 12 months after activation, otherwise a one-time data service price adjustment of $99 will be charged on your account. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Samsung Instinct and Samsung Cleo are trademarks of Samsung Electronics Co., Ltd., and its related entities. Rumour is a trademark of LG Electronics Inc.

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- Metropolis at Metrotown kiosk

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- Cottonwood Mall

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- Coquitlam Centre

CRANBROOK
- First Pro Cranbrook

DELTA
- Scottsdale Centre

DAWSON CREEK
- 600 113TH AVE

FORT ST. JOHN
- 8820-100th St.
- Totem Mall

LANGLEY
- Walnut Gate
- Willowbrook Corner
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- Guildford Town Centre
- Nordel Crossing
- Panorama Village
- Semiahmoo Shopping Centre

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- 698 West Broadway
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- 1588 West Broadway
- 1709 Lonsdale Ave.
- 2154 West 4th
- 2315 West 41st
- Bentall Centre
- Capilano Mall
- Chinatown Plaza
- Lynn Valley
- Oakridge Centre
- Pacific Centre
- Park Royal N.
- Park Royal S.

OKANAGAN

CASTELGAR
- 635 Columbia Ave.

KAMLOOPS
- Aberdeen Mall
- Inside Real Canadian Superstore
- Lansdowne Village

KELOWNA
- 948 McCurdy Rd
- Dilworth Shopping Centre
- Orchard Park Shopping Centre

PENTICTON
- Peachtree Square

PRINCE GEORGE
- Pine Centre

QUESNEL
- 259 Reid St.

VERNON
- 4710 31 St. Unit 106
- Village Green Mall

WILLIAMS LAKE
- Boitanio Mall

VANCOUVER ISLAND

NANAIMO
- Country Club Centre
- Woodgrove Centre

VICTORIA
- Bay Centre
- Hillside Shopping Centre
- Mayfair Shopping Centre
- Westshore Town Centre